



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Almonds

Almonds contain vitamins B2 & E. B2 helps digest and extract energy from your foods, while E protects the cells from free radicals, formed when our bodies convert food into energy.



3 Red Rice Chickpea Pilaf

A fragrant chickpea rice dish with flavours of allspice, topped with flaked almonds, parsley and finished with a dollop of lemon yoghurt.



30 minutes



4 servings



Plant-Based

22 February 2021

Spice it up!

You can add dried fruit such as sultanas or currants to the rice for added sweetness. Add some ground coriander or turmeric to the chickpeas as they cook for extra flavour.

Per serve: **PROTEIN** 20g **TOTAL FAT** 16g **CARBOHYDRATES** 101g

FROM YOUR BOX

RED RICE	300g
BROWN ONION	1
CARROTS	2
ENGLISH SPINACH	1 bunch
FLAKED ALMONDS	1 packet (40g)
CHICKPEAS	2 x 400g
LEMON	1/2 *
COCONUT YOGHURT	1 tub (120g)
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground allspice, garlic (1 clove), red wine vinegar

KEY UTENSILS

large frypan, saucepan

NOTES

You can soak the spinach in a bowl of water to remove excess sand before cooking.

If you don't have ground allspice you can use a combination of ground cinnamon, clove and cumin or you can substitute it with garam masala.



1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes until tender. Drain and rinse.



2. PREPARE THE VEGGIES

Slice onion and grate carrot. Rinse and chop spinach (see notes). Keep separate.



3. TOAST THE ALMONDS

Add almonds to a dry frypan over medium heat. Toast for 3–4 minutes until golden. Remove from pan and set aside.



4. SPICE THE CHICKPEAS

Reheat frypan over medium–high heat with **oil**. Drain and add chickpeas along with onion and **1 tbsp allspice**. Cook for 4–6 minutes until fragrant and heated through.



5. ADD RICE & VEGGIES

Add **1 crushed garlic clove**, cooked rice, spinach and carrot. Cook for 2–3 minutes until veggies have wilted. Take off heat, stir through **1 tbsp vinegar** and season with **salt and pepper**.



6. FINISH AND PLATE

Stir lemon juice through yoghurt and season with **salt and pepper**.

Divide rice among bowls. Chop parsley use to garnish along with toasted almonds. Dollop with lemon yoghurt.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

