




### Product Spotlight: Currants


Currants are dried berries of the small, sweet, seedless grape variety 'Black Corinth'.



## 4 Persian Rice with Spiced Chickpeas

Fluffy turmeric rice with hints of cinnamon and sweet currants, layered with pan crisped chickpeas and sliced olives.

 30 minutes

 4 servings

 Plant-Based

26 October 2020

## Spice it up!

*Add a pinch of saffron to the rice if you have some. You could also switch the flavours to a more Indian style biryani and use garam masala, ground cumin and ground coriander in the spice mix.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 17g **CARBOHYDRATES** 98g



## FROM YOUR BOX

BROWN ONION	1
GREEN CAPSICUM	1
TOMATOES	2
CARROT	1
BASMATI RICE	300g
CURRENTS	1 packet (40g)
PINE NUTS	1/2 packet (40g) *
CHICKPEAS	2 x 400g
MINT	1/3 bunch *
SPLIT OLIVES	1/2 packet *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cinnamon, ground turmeric, stock cube (1)

## KEY UTENSILS

large frypan with lid, frypan

## NOTES

Stir the rice half way and reduce heat if the rice is starting to burn on the bottom of the pan.

When cooking the chickpeas, use a lid or splatter guard to keep the chickpeas in the pan.



### 1. SAUTÉ THE ONION

Chop onion and add to a frypan over medium heat with **oil, salt and pepper**. Cook for 5 minutes until softened.



### 2. ADD THE VEGGIES

Chop capsicum and tomatoes. Grate carrot. Add to pan along with rice, currants and pine nuts. Stir in **1 tsp cinnamon** and **2 tsp turmeric**. Cook for 2-5 minutes until fragrant.



### 3. SIMMER THE RICE

Crumble in **1 stock cube** and pour in **2 1/2 cups water**. Increase heat to medium high, cover and simmer for 12 minutes until water has absorbed (see notes). Take off heat and leave to sit for 2 minutes.



### 4. COOK THE CHICKPEAS

Drain and pat chickpeas dry. Toss with **1 tsp turmeric, oil, salt and pepper**. Heat a frypan over medium-high heat. Add chickpeas and cook for 5 minutes, tossing until crispy (see notes).



### 5. FINISH AND PLATE

Fluff rice with a fork and season with **salt and pepper**. Divide among plates, top with chickpeas, sliced mint leaves and olives.

**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**

