

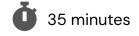


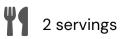


Persian Chicken

with Saffron Rice

Fragrant chicken breast cooked with our custom, hand-blended Persian Spice mix served over bright yellow saffron rice and topped with fresh tomato, cucumber and onion.







Make a slow cook!

Switch out the chicken cut to chicken on the bone or thigh filets and make a slowcook adding chicken, spices and sauce ingredients to the slow cooker.

TOTAL FAT CARBOHYDRATES PROTEIN

52g

24g

92g

FROM YOUR BOX

SAFFRON	1 packet
BASMATI RICE	150g
CRANBERRIES	20g
LEBANESE CUCUMBER	1
RED ONION	1
томато	1
DICED CHICKEN BREAST	300g
PERSIAN SPICE MIX	1 packet
TOMATO PASTE	1 sachet

FROM YOUR PANTRY

oil for cooking, salt, pepper, sugar, white or red wine vinegar

KEY UTENSILS

saucepan, frypan

NOTES

Persian Spice Mix: (ground spices) turmeric, cinnamon, nutmeg, cardamom, cumin, coriander, chilli powder and garlic granules.





1. MAKE THE SAFFRON WATER

Boil the kettle.

Place **saffron** in a small bowl and cover with **1 cup hot water**.



2. COOK THE RICE

Place **rice** and **cranberries** in a saucepan, cover with 1/2 cup of the saffron water (reserve remaining) and **3/4 cup water**. Bring to a boil. Cover with a lid and reduce to low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir with a fork.



3. PREPARE THE TOPPING

In the meantime, whisk together 1 tsp sugar, 1/2 tsp salt and 1 tbsp vinegar. Dice cucumber and thinly slice 1/4 red onion. Toss in dressing and set aside.

Wedge tomato, keep separate.



4. SEASON & COOK CHICKEN

Coat chicken with 2 tbsp oil and Persian spice mix. Heat a frypan over mediumhigh heat. Add chicken and cook until sealed.



5. MAKE THE SAUCE

Dice and add remaining 3/4 red onion, cook until softened then stir in **tomato paste**, **1/2 cup water** and reserved 1/2 cup saffron water. Simmer for 5 minutes.



6. FINISH AND SERVE

Divide saffron rice between shallow bowls. Top with chicken and pan-sauces and garnish with dressed cucumber and fresh tomato.

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



