



Product Spotlight: Saffron

Did you know saffron was used by ancient Egyptians as a natural dye for colouring their clothes. The vibrant yellow colour of saffron made it a popular choice for adding a touch of brightness to their fabrics.



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.

35 minutes 4/6 servings Chicken

Make a slow cook!

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

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	45g	5g	68g/73g

FROM YOUR BOX

	4 PERSON	6 PERSON
SAFFRON	1 packet	2 packets
BASMATI RICE	300g	300g + 150g
CRANBERRIES	40g	2 x 40g
LEBANESE CUCUMBER	1	2
RED ONION	1	1
TOMATOES	2	3
DICED CHICKEN BREAST	600g	600g + 300g
PERSIAN SPICE MIX	1 packet	2 packets
TOMATO PASTE	1 sachet	2 sachets

FROM YOUR PANTRY

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

KEY UTENSILS

saucepan, large frypan

NOTES

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



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1. MAKE THE SAFFRON WATER

Boil the kettle.

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

6P – place 2 packets of saffron in a bowl with 2 cups 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 **2 cups water**. Bring to a boil. Cover with a lid and reduce to medium heat for 10–15 minutes. Remove from heat, stand for 5 minutes.

6P – add cranberries, 1 cup saffron water and 2 3/4 cups water to the rice.



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 **tomatoes**, keep separate.

6P – use 2 tbsp vinegar for the dressing.



4. SEASON & COOK CHICKEN

Coat **chicken** with **2 tbsp oil** and **Persian spice mix**. Heat a large frypan over medium–high 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 cup water** and reserved **1/2 cup saffron water**. Simmer for 5 minutes.

6P – add red onion, tomato paste, 1 cup water and 1 cup saffron water.



6. FINISH AND SERVE

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

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