



Product Spotlight: Parsley

If the parsley wilts, trim the lower stems and place bunch in a glass of cold water. Loosely cover leaves with a plastic bag and place in the fridge.



Persian Chicken One Pan

A flavourful and comforting dish of basmati rice infused with lemon and Persian spices, cooked in the one pan with tender chicken drumsticks and finished with a yoghurt dollop.



40 minutes



2 servings



Chicken

Switch it up!

You can roast the chicken in the oven and cook the rice separately if you prefer crispier skin.

Per serve: **PROTEIN** **TOTAL FAT** **CARBOHYDRATES**
0g 0g 0g

FROM YOUR BOX

CHICKEN DRUMSTICKS	4-pack
PERSIAN SPICE MIX	1 packet
BROWN ONION	1
GREEN BEANS	150g
LEMON	1
SULTANAS	40g
CHICKEN STOCK PASTE	1 jar
BASMATI RICE	150g
NATURAL YOGHURT	1 tub
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan or heavy base pan with lid, kettle

NOTES

You can use butter or olive oil to sauté the vegetables.

You can add more water from the kettle if the rice is not tender after all the water has absorbed.

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



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1. SEAR THE CHICKEN

Bring **3 cups (750ml) water** to boil in the kettle.

Score chicken drumsticks to the bone. Coat with with 1 tsp Persian spice, **oil**, **salt** and **pepper**. Heat a heavy base pan over medium-high heat with **oil**. Cook chicken, turning, for 6-8 minutes until browned. Remove to a plate.



2. SAUTÉ THE AROMATICS

Reduce heat to medium. Dice onion and add to pan along with remaining Persian spice mix. Add more **oil** as needed and cook for 2 minutes until fragrant (see notes).



3. ADD VEGETABLES AND RICE

Trim and slice green beans. Slice 1/2 lemon (wedge remaining). Stir into pan along with sultanas, 1/2 chicken stock paste and rice.



4. ADD RICE AND CHICKEN

Pour in **2 cups (500ml) boiled water** and stir. Return chicken to pan and increase heat to medium-high. Cover with lid and simmer for 25 minutes until rice is tender and chicken cooked through (see notes).



5. FINISH AND SERVE

Serve chicken and rice with dollop of yoghurt, sprinkle of chopped parsley and lemon wedges.

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