



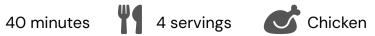


Persian Chicken One Pan

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.







Switch it up!

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

PROTEIN TOTAL FAT CARBOHYDRATES

50g

FROM YOUR BOX

CHICKEN DRUMSTICKS	8-pack
PERSIAN SPICE MIX	1 packet
BROWN ONION	1
GREEN BEANS	250g
LEMON	1
SULTANAS	40g
CHICKEN STOCK PASTE	1 jar
BASMATI RICE	300g
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, chilli powder and garlic granules.



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1. SEAR THE CHICKEN

Bring 1L 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.



4. ADD RICE AND CHICKEN

Pour in **900ml 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).



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

medium. Dice onion and
Trim and slice green beans. Slice 1/2 lemon
(wedge remaining). Stir into pan along with
more oil as needed and
sultanas, chicken stock paste and rice.



5. FINISH AND SERVE

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

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



