



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



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



4/6 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
4/6 Person:	70g	30g	86g

FROM YOUR BOX

	4 PERSON	6 PERSON
CHICKEN DRUMSTICKS	8-pack	8pk + 4pk
PERSIAN SPICE MIX	1 packet	2 packets
BROWN ONION	1	1
GREEN BEANS	250g	250g + 150g
LEMON	1	1
SULTANAS	40g	2 x 40g
CHICKEN STOCK PASTE	1 jar	1 jar
BASMATI RICE	300g	300g + 150g
NATURAL YOGHURT	1 tub	1 tub
PARSLEY	1 packet	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 kettle. Score **chicken drumsticks** to bone and coat with **1 tsp Persian spice, oil, salt and pepper**. Heat a heavy-based pan over medium-high heat with **oil**. Cook **chicken**, turning, for **6–8 minutes** until browned. Remove to a plate.

6P – boil **1.2L water**. Use **2 tsp Persian spice mix**.



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, chicken stock paste** and **rice**.



4. ADD RICE AND CHICKEN

Pour in **900ml hot 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).

6P – pour in **1.2L water** and stir.



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

