



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Persian Gheymeh

Aromatic and tangy, Gheymeh is a Persian staple. Versatile & satisfying, it's an exciting everyday flavour.



1 Persian Pilaff with Meatballs

Gila and her team in Brisbane are cooking a range of beautiful Traditional Middle Eastern sauces. In this recipe you get to test out a Gheymeh sauce tossed through rice and veggies into a delicious and speedy pilaff. Topped with chicken meatballs & feta cheese.




20 minutes 2-3 servings Chicken

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Prefer another way?

Use the veggies, meatballs and Gheymeh sauce to make a quick tagine or stew. Serve over plain rice if you think the kids prefer it that way!

FROM YOUR BOX

BASMATI RICE	150g
CHICKEN MEATBALLS 	1 packet
RED ONION	1
PARSLEY	1 bunch
FETA CHEESE	1/2 packet *
ZUCCHINI	1
SULTANAS	1 packet
GHEYMEH SIMMER SAUCE	1 jar
 EGGPLANT	1
 ALMONDS	1 packet

*Ingredient also used in another recipe

FROM YOUR PANTRY


oil for cooking, salt, pepper
Veg option: ground turmeric

KEY UTENSILS

saucepan, large frypan

NOTES

Use the rice tub to quickly measure up 1.5 x amount of water.

 **VEG OPTION** - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



1. COOK THE RICE


Place rice in a saucepan, cover with 1.5 x amount of water (see notes). Cover with a lid, cook over low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

 **VEG OPTION** - Set oven to 250°C.



2. COOK THE MEATBALLS

Cook meatballs in a heated frypan with oil over medium-high heat for 6-8 minutes until cooked through. See step 4.

 **VEG OPTION** - Halve eggplant and score flesh in a criss-cross pattern. Rub with 1/4 tsp turmeric, oil, salt and pepper. Roast cut-side up for 20-25 minutes or until golden and tender.



3. PREPARE THE TOPPING

While meatballs are cooking, finely chop 1/4 red onion, parsley and crumble feta cheese.



4. TOSS RICE & SAUCE

Remove meatballs to a plate. Chop remaining 3/4 onion and zucchini. Add as you go to the pan along with sultanas. Cook for 3 minutes then stir in simmer sauce. Simmer for 3-4 minutes.

 **VEG OPTION** - Cook in a large frypan as above.




5. STIR IN THE RICE

Add rice into pan and stir to combine (add a little water if needed). Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Serve Persian pilaff topped with meatballs. Scatter over parsley, crumbed feta and red onion to taste.

 **VEG OPTION** - Serve Persian pilaff topped with golden eggplant. Scatter over parsley, crumbed feta, red onion and almonds to taste.

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

