



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

 4 servings




 Chicken

18 January 2021

*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	300g
CHICKEN MEATBALLS 	1 packet
RED ONION	1
PARSLEY	1 bunch
FETA CHEESE	1/2 packet *
ZUCCHINI	1
CARROT	1
SULTANAS	1 packet
GHEYMEH SIMMER SAUCE	1 jar
 EGGPLANTS	2
 ALMONDS	1 packet (60g)

\*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 eggplants and score flesh in a criss-cross pattern. Rub with 1/2 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 1/3 red onion, parsley and crumble feta cheese.



### 4. TOSS RICE & SAUCE

Remove meatballs to a plate. Chop remaining 2/3 onion and zucchini, grate carrot. 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 eggplants. 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](mailto:hello@dinnertwist.com.au)

