

# Recipe

## AFGHAN GREEN BEAN SAFFRON & CINNAMON SPICED RICE



► ▸ Vegan, gluten-free, soy-free, refined sugar-free, nut-free

**Yield:** 4 servings

**Soak Time:** 2 hrs

**Prep Time:** 10 min

**Cook Time:** 40 min

### INGREDIENTS: THE CURRY

4 Tbsp (60 mL) oil

1 large onion, chopped

2 ½ cups (1 lb) green beans, chopped (can use frozen)

3 cups (750 mL) water

3 Tbsp (45 g) tomato paste

1 cup (185 g) dry basmati rice, soaked 2 hours

1 tsp (5 g) salt

2 tsp (10 g) cinnamon

1/8 tsp saffron (optional)

### DIRECTIONS

1. Add oil and onion to a large pot, stirring on high heat until the onions have browned.
2. Add the beans and water. Cover the pot, bring the beans to a boil, reduce to a simmer and cook until the beans are al dente (~15 minutes).
3. Add the remaining ingredients. Cover the pot, bring to a boil, reduce to medium and allow the dish to simmer until all the water has been absorbed by the rice ~ 10 minutes. Avoid stirring.
4. Using the end of a spoon, create several craters in the rice (see images below). Then cover the pot by placing a paper towel under the lid (see images below). Cook for an additional 15 minutes on low.
5. Taste test and ensure the rice is al dente. Enjoy while hot!

### NOTES

**Optional presentation:** if you know that the *tahdahgee* has formed and you are using a non-stick pot you can place a plate on top of the pot, make sure to wear some oven mitts, and then gently flip the pot upside down so the entire rice dish comes out as one uniform piece. If it doesn't work, don't sweat it. Not even the professionals can make it work each time.

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