

# Persian-style saffron chicken rice

Prep — 10 min

Cook — 55 min

Serves — 4

## Ingredients

1 pinch saffron	salt and pepper
30ml boiling water	300ml hot chicken stock
4 garlic cloves, peeled and crushed	400g boneless chicken thighs
3 Tbs tomato purée	120g basmati rice
2 Tbs olive oil	3 cardamom pods, bashed open
juice of 1 orange	3 Tbs barberries or pomegranate seeds
2 tsp ground coriander	10g pistachios, roughly chopped
0.5 tsp turmeric	1 Tbs chopped coriander leaves or parsley
0.25 tsp ground cinnamon	300g Greek yoghurt

## Method

- Heat the oven to 200°C (180°C fan). Put the saffron with the water into a bowl, stir it up and leave it for a few minutes to infuse.
- Add the garlic, tomato purée, olive oil, orange juice, ground coriander, turmeric, cinnamon, salt and pepper to the saffron bowl, then mix to a paste.
- Remove half of the saffron paste into the stock and stir it in. Coat the chicken thighs in the remaining paste in the bowl.
- Scatter the rice into a roasting tray and pour the stock on top. Add the cardamom, then lay the chicken on top. Bake, covered, for 30 minutes, then bake for another 20-25 minutes uncovered, until the chicken is golden and cooked through and the rice has a crisp top.
- Garnish with the barberries or pomegranate seeds, pistachios and coriander leaves, and serve immediately with yoghurt.