



SAFFRON ROASTED CHICKEN WITH RICE

Nutrition Facts Per Serving: Calories 1824, Protein 89g, Carbs 157g, Fat 79g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min, Cooking time: 90+ min



INGREDIENTS

Chicken marinated in
matchboos spices and saffron

Basmati Rice

Onion, Ginger, Garlic

Lemon Juice

Spices, Whole spices
Turmeric, Dried Limes (loomi)
Chili Flakes, Salt
Sunflower Oil, Ghee (optional)
Slivered Almonds, Raisins

METHOD

1. Preheat oven at 180C. Place chicken breast down in a large enough baking dish.
2. Cover with baking paper then aluminum foil. Place in oven & roast for 1 hr covered.
3. Melt butter. Remove cover, lightly baste with butter & return to oven.
4. Roast for 30 minutes or until deep golden, basting every 10 minutes or so.
5. **When done** take out from oven rest for 5 minutes, garnish with parsley & serve along-side other meal components.

FRAGRANT RICE MATCHBOOS STYLE

1. Soak raisins in hot water for 5-10 min, drain well discarding water.
2. Place a skillet over medium heat, add 2 TBS vegetable oil & swirl to heat. Add almonds & toss gently until golden. Remove pan from heat then take out almonds with slotted spoon (reserving most of the oil), drain almonds over kitchen towels.
3. Return pan to medium heat then add drained raisins & stir gently until just browned, remove & drain over kitchen towel.
4. Place a **large heavy pot** over medium heat, add oil & swirl to heat through. Add whole spices & stir around for 30 secs or until aroma is released.
5. Add onions & a pinch of salt, cook stirring frequently for 5 min or until light golden.
6. Add garlic, ginger & a pinch of salt. Cook stirring for 30 seconds.
7. Add turmeric, matchboos spices, chili flakes, dried lime & stir to mix. Add lemon juice & stir.
8. Add rice, measured water, half the fried raisins & salt. Increase heat to high, stir gently to distribute. Bring to boil & allow to bubble for 30 seconds. Cover, reduce heat to lowest & cook for 20 minutes.
9. Remove from heat & rest for 5 minutes. Fluff with a large fork then turn into serving dish. Garnish with toasted almonds & remaining raisins. If desired melt ghee and drizzle on top.