

Vegetarian Ghormeh Sabzi with Saffron Rice

PREP TIME: 20 minutes

TOTAL TIME: 40 minutes

Servings: 4-6



Ingredients

Rice

- 1 cup brown basmati rice
- 1 tsp saffron + 1/3 cup room temperate water
- 1 Tbsp olive oil
- 4 Tbsp barberries, rinsed
- 1/2 tsp sugar

Ghormeh Sabzi

- 1/4 cup olive oil
- 1 large yellow onion, chopped
- 1/4 tsp sea salt
- 1 tsp turmeric
- 1 Tbsp dried fenugreek leaves
- 3 cups unsalted vegetable broth
- 3 cups fresh cilantro, chopped
- 2 cups spinach, chopped
- 2 cups green onion tops, sliced
- 1 cup fresh parsley, chopped
- 4 dried limes
- 1 can organic kidney beans, drained and rinsed
- 10-12 oz 4% milk fat Greek or Icelandic yogurt (optional)

1. Rinse rice under running water, then place into a large pot and cook according to package instructions. Allow rice to cool, then fluff with a fork and set aside. Meanwhile use your fingers to break saffron threads into small pieces and place in a shallow bowl with 1/3 cup water. Allow saffron to bloom in the water for 5 minutes. In a sauté pan set to medium heat, add 1 Tbsp olive oil, barberries, and 1/2 tsp sugar cook for 1-2 minutes until all barberries are evenly coated with oil and sugar and slightly fragrant. Add bloomed saffron water and barberries to the fluffed rice and stir to evenly combine.

2. To make the ghormeh sabzi, set a large pot over medium heat then add 1/4 cup olive oil, chopped onion, and 1/4 tsp sea salt and stir to combine. Continue cooking until the onion is translucent, ~5-7 minutes. Add 1 tsp turmeric to the onions and continue to cook for another 1 minute then add 1 1/2 cups vegetable broth and reduce to a simmer.

3. In a separate pot set to medium heat, add cilantro, spinach, green onion tops, parsley, and dried fenugreek. Stir constantly until greens are wilted, ~2 minutes. Add the remainder 1 1/2 cups vegetable broth, the 4 dried limes, kidney beans, and the onion mixture to the pot of greens and continue to cook for 15-20 minutes on a low simmer. For a more acidity, puncture the dried limes with a fork. Remove from the heat and spoon ghormeh sabzi over saffron rice and place a dollop of yogurt on top if desired. Store leftovers in separate containers and reheat servings as needed. Leftovers will keep for 3-5 days.