



Jeweled Brown Basmati Rice and Quinoa (Morassa Polo) from 'The New Persian Kitchen

 Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup rice cold for 1 hour
- 1 cup apricot dried minced
- 5 tablespoons grapeseed oil
- 1 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 0.5 cup pistachios lightly toasted coarsely chopped

- 6 servings pomegranate seeds for garnish
- 1 tablespoon barbequed pulled pork dried whole for garnish
- 1.5 cups quinoa cold for 1 hour
- 0.5 teaspoon saffron threads hot
- 6 servings sea salt
- 0.5 cup blanched slivered almonds lightly toasted
- 4 cups water boiling
- 1 large onion yellow minced

Equipment

- bowl
- frying pan
- pot

Directions

- Drain the rice and quinoa and rinse under cold water.
- Heat a medium stockpot over low heat and add the rice and quinoa, 2 tablespoons of the oil, and a pinch of salt. Sauté the grains, stirring often to prevent sticking for about 5 minutes until dry and fragrant.
- Add the boiling water and return to a boil; turn down the heat to very low and cook, covered, for 40 minutes. Turn off the heat and let the grains rest for 10 minutes, then toss in the butter and fluff with a fork.
- While the grains cook, heat a large skillet over medium heat and sauté the onion in the remaining 3 tablespoons oil for about 15 minutes, until lightly browned.
- Add the barberries, apricots, rose petals, cumin, cinnamon, and cardamom. Cook for about 5 minutes, until heated through. Reserve half of the pistachios and almonds for garnish, and add the rest of the nuts to the skillet. Season with salt, and remove from the heat.
- In a large bowl, toss the fruit and nuts with the grains and drizzle in the saffron. Season with salt.
- Garnish with the remaining nuts, a few rose petals, and the pomegranate seeds.

Nutrition Facts

PROTEIN 9.34% FAT 35.2% CARBS 55.46%

Properties

Glycemic Index:57.6, Glycemic Load:28.26, Inflammation Score:-8, Nutrition Score:24.764348113019%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 624.49kcal (31.22%), Fat: 25.26g (38.86%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 89.54g (29.85%), Net Carbohydrates: 78.52g (28.55%), Sugar: 26.16g (29.06%), Cholesterol: 1.06mg (0.35%), Sodium: 228.27mg (9.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.16%), Manganese: 1.81mg (90.54%), Vitamin E: 8.28mg (55.23%), Fiber: 11.03g (44.11%), Copper: 0.8mg (39.8%), Phosphorus: 379.54mg (37.95%), Magnesium: 151.52mg (37.88%), Folate: 130.33µg (32.58%), Vitamin B6: 0.57mg (28.55%), Potassium: 942.85mg (26.94%), Vitamin B1: 0.36mg (23.79%), Iron: 4.08mg (22.68%), Vitamin B2: 0.3mg (17.73%), Zinc: 2.64mg (17.59%), Vitamin A: 838.95IU (16.78%), Selenium: 10.33µg (14.76%), Vitamin K: 15.14µg (14.42%), Vitamin C: 11.67mg (14.14%), Vitamin B3: 2.45mg (12.27%), Vitamin B5: 1.19mg (11.93%), Calcium: 99.12mg (9.91%)