

# Persian Baked Rice

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-baked-rice-recipe>

## Ingredients:

- 2 cups brown rice
- 2 tablespoons dried barberries
- 4 tablespoons butter
- 2 garlic cloves peeled and chopped
- 1 courgette yellow or green, diced
- 100 grams mushrooms sliced
- sea salt
- 1/4 teaspoon ground turmeric
- 3 saffron strands of, soaked in a little hot water
- 1 teaspoon canela
- 1 bunch dill ½ cup chopped, finely chopped
- 1/2 cup chopped coriander finely chopped
- 4 tablespoons greek yogurt or full fat
- 3 tablespoons groundnut oil
- 2 tablespoons butter cold, diced
- 1 tablespoon almond flakes toasted, to serve

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 50 milligrams
4. Fat: 32 grams
5. Fiber: 4 grams
6. Protein: 10 grams
7. SaturatedFat: 14 grams
8. Sodium: 340 milligrams
9. Sugar: 3 grams

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