

Persian (Iranian) Jeweled Basmati Rice Pilaf

Yield: 11 min
Total Time: 70 min

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

Ingredients:

- 3 cups basmati rice long-grain white
- 1 tablespoon salt
- 1 sweet onion large, diced
- 2 oranges large
- 1 tablespoon olive oil
- 2 cups vegetable broth
- 1 1/2 teaspoons turmeric
- 1 1/2 teaspoons cumin
- 1 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/4 teaspoon cardamom
- 1/2 teaspoon saffron soaked in 3 tablespoons hot water optional
- 3 tablespoons coconut sugar
- 1/3 cup dried barberries or dried cranberries
- 1/3 cup dried apricots roughly chopped
- 1/3 cup golden raisins
- 1/2 cup chopped pistachios
- 1/2 cup blanched slivered almonds
- salt
- freshly cracked black pepper

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 58 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 7 grams

6. SaturatedFat: 1 grams
 7. Sodium: 890 milligrams
 8. Sugar: 8 grams
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