

Persian Saffron Chicken {Zereshk Polo Ba Morgh}

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-sweet-lemon-recipe>

Ingredients:

- 3 tablespoons vegetable oil
- 6 pieces bone-in chicken I use drumsticks or thighs
- 1 large yellow onion chopped
- 2 cloves garlic minced
- 1 3/4 teaspoons turmeric
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cardamom
- 1/4 teaspoon cumin
- 1/4 teaspoon coriander
- 1/8 teaspoon chili powder
- 2 tablespoons tomato paste
- 2 1/2 cups chicken stock water will work too if you are using bone-in chicken
- 1/2 water the saffron, see below
- salt
- pepper
- 1/4 teaspoon saffron you can buy it here, ground with a pestle and mortar
- 1 ice cube
- 1 1/2 cups rice basamati
- 1/2 water the reserved saffron
- 1/3 cup dried barberries you can buy them here
- 1 teaspoon butter
- 1/4 teaspoon sugar
- 1 cucumber
- 2 tomatoes
- 1/2 red onion
- 1 lemon
- 1 tablespoon fresh mint chopped or 1 teaspoon dried
- salt
- pepper

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 10 milligrams
4. Fat: 15 grams
5. Fiber: 6 grams
6. Protein: 10 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 790 milligrams
9. Sugar: 11 grams

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