

NAVEED'S QABLI PALU

GLOBAL KITCHEN – RECIPE CARD

VOLUNTEER CHEFS FROM THE REFUGEE & ASYLUM SEEKER COMMUNITY SHARE
HOME COUNTRY RECIPES AND COOKING SKILLS WITH THEIR LOCAL COMMUNITY –
PROMOTING UNITY AND NEW FRIENDSHIPS THROUGH FOOD



NAVEED'S QABLI PALU

TRADITIONAL AFGHAN RICE DISH

INGREDIENTS

(SERVES 6-8)

150 ML VEGETABLE OIL

½ LARGE CARROT, CUT INTO JULIENNE

75 G SULTANAS

1 TBSP EACH SLIVERED ALMONDS AND PISTACHIOS

½ TSP CASTER SUGAR

¾ TSP GROUND CARDAMOM

1 ONION, FINELY CHOPPED

500 GM BASMATI RICE, SOAKED OVERNIGHT IN COLD WATER, DRAINED

½ TSP GROUND CUMIN

METHOD

1. HEAT OIL IN A FRYING PAN OVER MEDIUM-HIGH HEAT, ADD CARROT AND FRY, STIRRING OCCASIONALLY, UNTIL SLIGHTLY SOFTENED (2-3 MINUTES). REMOVE WITH A SLOTTED SPOON AND TRANSFER TO A SIEVE TO DRAIN
2. ADD SULTANAS TO OIL, FRY UNTIL THEY FLOAT TO THE SURFACE (1-2 MINUTES), REMOVE WITH A SLOTTED SPOON AND ADD TO CARROT
3. ADD NUTS, SUGAR AND ½ TSP CARDAMOM TO PAN AND FRY, STIRRING, UNTIL GOLDEN BROWN (1-2 MINUTES). REMOVE WITH A SLOTTED SPOON AND ADD TO CARROT MIXTURE.
4. ADD ONION TO PAN AND FRY, STIRRING OCCASIONALLY, UNTIL GOLDEN AND TENDER (6-8 MINUTES). SET ASIDE SEPARATELY
5. HALF-FILL A LARGE SAUCEPAN WITH WATER, ADD 1½ TSP SALT AND BRING TO THE BOIL OVER HIGH HEAT
6. ADD RICE, COVER AND BOIL UNTIL RICE IS TWICE THE SIZE OF THE ORIGINAL GRAIN (6-8 MINUTES), THEN DRAIN IN A COLANDER
7. RETURN RICE TO SAUCEPAN, ADD FRIED ONION, CUMIN, REMAINING CARDAMOM AND 2 TSP SALT, ADD 125ML BOILING WATER, COVER WITH A LID AND PLACE OVER HIGH HEAT
8. COOK UNTIL STEAM CAN BE SEEN COMING FROM BENEATH THE LID, REDUCE HEAT TO LOW AND COOK FOR 20 MINUTES
9. SEASON TO TASTE AND SERVE HOT SCATTERED WITH CARROT MIXTURE AND NUTS