



BAKED CHICKEN
WITH SAFFRON RICE

INGREDIENTS

FOR THE CHICKEN:

- 1 whole chicken (approx. 1.5kg)
- 2 tbsp olive oil
- 1 tsp saffron threads
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp salt
- 1 tsp black pepper

FOR THE RICE:

- 2 cups basmati rice
- 4 cups water
- 1/2 tsp salt
- 1/2 tsp saffron threads
- 1/2 tsp turmeric
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander

DIRECTIONS:

Preheat the oven to 200°C. Rub the chicken with the olive oil and spices. Place the chicken in a roasting pan and roast for 1.5 hours. Meanwhile, cook the rice in a large pot of boiling water with the remaining spices for 15 minutes. Fluff the rice and serve with the chicken.

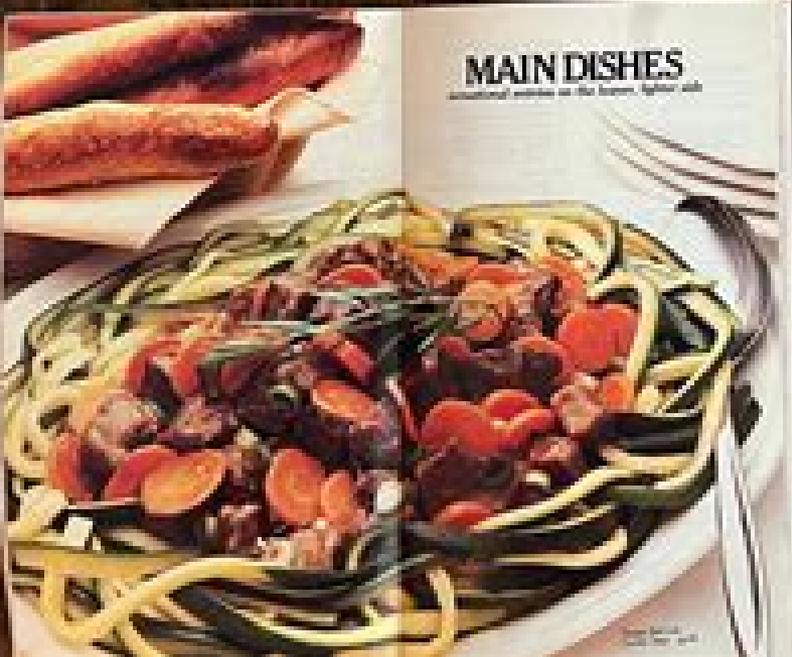
Indian Pasta Salad

INGREDIENTS:

- 1 cup whole wheat pasta
- 1/2 cup chickpeas
- 1/2 cup tomatoes
- 1/2 cup cucumber
- 1/2 cup bell peppers
- 1/2 cup onions
- 1/2 cup carrots
- 1/2 cup green beans
- 1/2 cup lentils
- 1/2 cup raisins
- 1/2 cup cashews
- 1/2 cup yogurt
- 1/2 cup lemon juice
- 1/2 cup olive oil
- 1/2 cup salt
- 1/2 cup black pepper

DIRECTIONS:

Boil the pasta in salted water for 10 minutes. Drain and rinse with cold water. In a large bowl, combine the pasta with the chickpeas, tomatoes, cucumber, bell peppers, onions, carrots, green beans, and lentils. In a small bowl, whisk together the yogurt, lemon juice, olive oil, salt, and black pepper. Pour the dressing over the pasta and toss well. Sprinkle with raisins and cashews. Serve immediately.



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Gwen McKee, Barbara Moseley



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Best of the Best from America Cookbook Gwen McKee, Barbara Moseley, 2005 Delaware Documentation , 1983

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web paleolitik diyet diğer adlarıyla mağara adamı diyeti taş devri diyeti veya avcı toplayıcı diyeti modern yiyecekler dahilinde olmak üzere paleolitik çağında yaşayan insanların yediği yabani bitkiler ve hayvanlar ile beslenmekten oluşur diyetin en önemli unsurlardan bir tanesi paleolitik zamanında bulunmayan yiyeceklerden

konu 4 Üst paleolitik ve epipaleolitik dönem ankara Üniversitesi - Dec 07 2022

web 1 konu 4 Üst paleolitik ve epipaleolitik dönem günümüzden yaklaşık 40 bin ilâ 12 bin yıl önceki dönemdir bu dönemde homo sapiensler yaşamıştır Üst paleolitik dönemde aurignacian gravettian solutrean ve magdalanian kültürleri ve ilk sanat ürünleri

low intensity interval training chest sculpting - May 12 2023

web sep 10 2018 in my program on paleolithic hiit i recommend establishing an endurance base of 20 minutes before doing any hiit what i ve found is that this endurance base alone can go a long way in helping

paleolitik teknoloji kültür ve sanat makale khan academy - Jan 08 2023

web matematik sanat bilgisayar ekonomi fizik kimya biyoloji tıp finans tarih ve daha fazlasını ücretsiz olarak öğrenebilirsiniz khan academy kar amacı gütmeyen bir kurumdur ve amacı herkese her yerde dünya standartlarında ve bedelsiz eğitim eğitim sunmaktır