

## **Zereshk Polo ba Morgh Shopping List**

### **Ingredients for 4 portions**

#### **For the Braised Saffron Chicken:**

4 chicken legs or 1kg / 2.2lbs chicken thighs

*I will show you how to skin off the chicken, but if available where you are, you can also buy them already skinned off.*

1 large onion

4 tbsp vegetable oil

4 tbsp tomato paste

2 tsp turmeric

1 tsp black pepper

1/4 tsp saffron

Salt to taste

#### **For Zereshk Polo:**

2 cups / 400 grams of basmati rice

1 cup / 60 grams dried barberries

5 tbsp sugar

5 tbsp vegetable oil

1/4 tsp saffron

3 ice cubes

2 tbsp slivered pistachios and 1 tbsp slivered almonds (optional)

2 tbsp salt