



CHICKEN frittata with saffron kuku morgh (cheghertmeh)

Serves 4-6 people

Preparation 10 minutes

Cooking 10-15 minutes

Ingredients

400g (14 oz) boneless chicken

1 medium-sized onion

5 eggs

2g (1 tsp) ground turmeric

90ml (6 tbsp) vegetable oil

salt and pepper

saffron prepared the Persian way

To make

Bring a saucepan of water to a boil. Add the boneless chicken pieces with an onion cut in half. Season with salt and pepper and cook for 7 minutes.

Remove the chicken from the saucepan, shred it and set aside.

Add the eggs, turmeric, salt and pepper and mix until combined.

Add 60ml (4 tbsp) of oil to a hot frying pan. Add the mixture and cover.

Fry until the top is just set and the bottom is golden. Flip and add the remaining oil to the pan. Fry until golden just like the other side.

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