

Lubia Polo –

Persian Green Bean Rice (Vegan Recipe)

Lubia Polo is a Persian Green Bean Rice, with fluffy rice and layers of a rich tomato sauce filled with green beans and is absolutely delicious!



Ingredients

- 500 grams green beans
- 250 grams white or brown mushrooms chopped into small cubes
- 250 grams firm tofu
- 1 onion diced
- 4 garlic cloves diced
- 1 heaped tsp turmeric powder
- pinch of saffron threads (optional but recommended)
- 1 teaspoon Advieh - Persian spice mix. Refer to the notes for a substitution
- 100 grams concentrated tomato paste
- 2 cups passata - pureed tomatoes
- 1-2 cups water
- 2 ½ cups basmati rice (washed)
- 3 tablespoon extra virgin olive oil

Instructions

1. Cut the ends off the green beans, and cut the beans into 1-2cm in length pieces
2. In a large saucepan saute onions in olive oil and once translucent, add the garlic. Saute for a few minutes then add the turmeric powder and season with salt and pepper
3. Add the chopped mushrooms and cook for a few minutes on medium-high heat. Crumble in the tofu, add the sliced green beans and season with salt and pepper. Stir the mixture
4. Add tomato paste and saute for a few minutes. Then add the passata and one cup of water
5. Grind the saffron threads into powder and infuse with 2 tablespoons of hot water. Add the saffron water, the Persian spice, salt and pepper then simmer on low heat with the lid on for 20 minutes. The mixture should be wet, but not watery (If needed, add a 2nd cup of water if it's too thick or dry)
6. In the meantime, par boil basmati rice in a pot with water and 2 teaspoons of salt. When the rice has been boiling for 10-15 minutes (check the grains, it should feel half way cooked and still al dente), drain in a colander and rinse under cold water
7. Add olive oil to the bottom of the pot along with a drizzle of saffron water (optional). Add a few ladles of the cooked rice then a few ladles of the green bean mixture (approximately ¼ of each). Keep repeating this step by layering the rice and the green mixture until both have finished

8. Using the back of a spoon, make holes in the rice pot to act as air pockets. Cover the lid with a clean kitchen towel and cook on a low heat for 45 minutes to 1 hour
9. To serve, remove the lid and place a large dish or serving platter on the pot and flip the pot upside down. Carefully lift the pot and reveal your beautiful Lobia Polo with Crispy Tahdig!

- Serve with a Cucumber Yogurt Dip (Mast o Khair) on the side

** The Tahdig from Lobia Polo will usually be a darker color which is from the tomato paste in the recipe. Don't be alarmed and think it is burnt 😊

- Advieh is a Persian spice mix. You can find it at your local Persian supermarket but as a substitute, you can also use a combination of cinnamon, cumin and nutmeg.

Source: Cookingwithayeh.com

Shared by Sami

Round the World Women member (Iran)

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