



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SAFFRON

Saffron is a spice derived from the flower of *Crocus sativus*, commonly known as the "saffron crocus" (pictured above)



1. SAFFRON CHICKEN

WITH PEARL COUSCOUS

 20 Minutes

 2 Servings

Pearl couscous cooked with saffron threads, tomatoes and chicken, served with creamy avocado and fresh greens.

FROM YOUR BOX

PEARL COUSCOUS	150g
DICED CHICKEN BREAST FILLET	300g
SPRING ONIONS	3
SAFFRON THREADS	1 packet
TOMATOES	2
COURGETTES	2
PEPPER STRIPS	1 jar
AVOCADO	1
BABY COS LETTUCE	1 *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, smoked paprika, stock cube (of choice)

KEY UTENSILS

saucepan, frypan with lid

NOTES

Reserve some spring onion tops if you like for garnish.

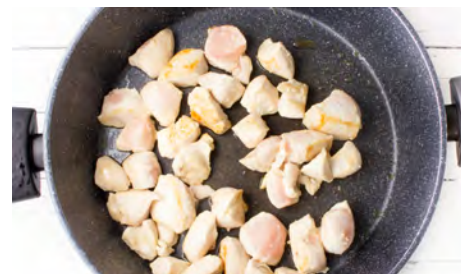
Add in 1 tsp ground turmeric for an extra boost of yellow!

No gluten option - pearl couscous is replaced with GF pasta. Cook according to packet instructions.



1. COOK THE COUSCOUS

Bring a saucepan of water to the boil. Add pearl couscous and cook for 8 minutes or until tender but still firm. Drain and rinse.



2. SEAL THE CHICKEN

In the meantime, heat a frypan with **oil** over medium-high heat. Add chicken and cook for 2-4 minutes, stirring occasionally until golden.



3. ADD THE AROMATICS

Slice and add spring onions, saffron threads and **1 tsp smoked paprika**. Cook for a further 2-3 minutes or until aromatic.



4. ADD VEGETABLES

Dice tomatoes and courgettes, add to pan with rinsed pepper strips, **1/2 cup water and 1/2 crumbled stock cube**. Cover and simmer for 6-8 minutes or until chicken is cooked through.



5. TOSS IN THE COUSCOUS

Add couscous to pan and stir gently to combine. Adjust seasoning with **salt and pepper**.



6. FINISH AND PLATE

Destone and quarter avocado, slice lettuce. Serve saffron chicken and couscous topped with avocado and lettuce.

How did the cooking go? We'd love to know - help us by sharing your thoughts!

Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

