



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

 4 Servings

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

## FROM YOUR BOX

PEARL COUSCOUS	1 packet (250g)
DICED CHICKEN BREAST FILLETS	600g
SPRING ONIONS	1/2 bunch *
SAFFRON THREADS	1 packet
TOMATOES	3
ZUCCHINI	1
PEPPER STRIPS	1 jar
AVOCADO	1
SNOW PEA SPROUTS	1 punnet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

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

## KEY UTENSILS

saucepan, large frypan with lid

## NOTES

Reserve some spring onion tops if you like for garnish.

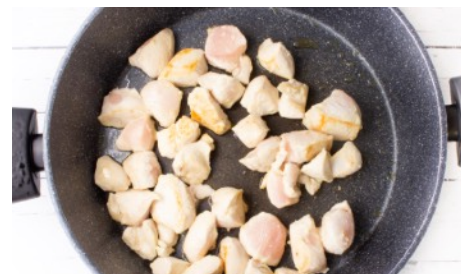
Add in 1 tsp ground turmeric for an extra boost of yellow!

**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 large 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 **2 tsp smoked paprika**. Cook for a further 2-3 minutes or until aromatic.



### 4. ADD THE VEGETABLES

Dice tomatoes and zucchini, add to pan with rinsed pepper strips, **1 cup water and 1 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. Serve saffron chicken and couscous topped with avocado and sprouts.