



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: THYME

To quickly remove thyme leaves - place your fingers at the bottom of the stem, hold upside down and firmly slide the leaves down.

2. CHICKEN & THYME GOULASH

A hearty paprika goulash stew with chicken, potatoes and thyme, served on a bed of fluffy quinoa.

 35 Minutes

 4 Servings

11 May 2020

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
36g	13g	42g

FROM YOUR BOX

WHITE QUINOA	1 packet (200g)
SPRING ONIONS	1/4 bunch *
POTATOES	400g
CARROT	1
CHICKEN MINCE	600g
THYME	1/2 packet *
CHICKEN STOCK PASTE	1 jar
TOMATO PASTE	2 sachets
GREEN BEANS	1 bag (250g)

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, ground paprika, ground cumin, flour (of choice)

KEY UTENSILS

saucepan, large frypan with lid

NOTES

For a speedier dish, grate the potatoes and carrot instead of dicing.

Spice up the dish - add a bay leaf or 1 tsp of caraway seeds to the stew as it simmers!



1. COOK THE QUINOA

Place quinoa in a saucepan and cover with water. Bring to the boil and simmer for 10-15 minutes, or until tender. Drain and rinse.



2. SAUTÉ THE VEGETABLES

Heat a frypan over medium heat with **oil**. Slice spring onions (reserve tops for garnish). Dice potatoes and carrot (see notes). Add to pan as you go and cook for 5 minutes.



3. COOK THE CHICKEN

Increase pan heat to medium-high. Add chicken mince and thyme leaves to pan along with **3 tsp each of paprika and cumin**. Cook for a further 5 minutes.



4. SIMMER THE STEW

Stir in **2 tbsp flour**, chicken stock paste and tomato paste. Pour in **1L water**, cover and simmer for 10 minutes until vegetables are tender. Trim and slice beans, add to stew for 2 minutes.



5. FINISH AND PLATE

Season the stew with **salt and pepper**. Divide quinoa and stew among shallow bowls. Garnish with sliced spring onion tops.