



Product Spotlight: Parsnip


Parsnip is a type of root vegetable that belongs to the carrot family. They are high in fibre, folate and vitamins C and E.



Country Chicken Stew with Red Quinoa

Unctuous country chicken stew packed full of winter-warming vegetables served with Australian-grown red quinoa and garnished with crispy sage leaves.

 30 minutes

 2 servings

 Chicken

2 June 2023

Switch it up!

Skip the water and use the cooked chicken, vegetables and quinoa to make pie filling! Make a pot pie and top it with lupin or bread crumbs, or wrap it in pastry for a traditional pie.

Per serve: **PROTEIN** 55g **TOTAL FAT** 15g **CARBOHYDRATES** 50g

FROM YOUR BOX

RED QUINOA	100g
SAGE	1 packet
DICED CHICKEN BREAST	300g
CELERY STICK	1
BUTTON MUSHROOMS	150g
CARROT	1
PARSNIP	1
KALE	2 leaves

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube of choice

KEY UTENSILS

2 saucepans

NOTES

Line plate with paper towel or a clean towel.

Season your stew with balsamic vinegar or Worcestershire sauce if desired, or make it creamy by stirring through cream cheese, cream, sour cream, or natural yoghurt once it is cooked.

For extra flavour garnish the stew with finely grated parmesan cheese and dried chilli flakes.



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1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press it down in a sieve to squeeze out excess liquid.



1. CRISP THE SAGE

Heat a large saucepan over medium-high heat with **1 tbsp oil**. Pick 1/2 packet sage leaves and add to pan. Cook for 2-3 minutes until crisp. Remove to a lined plate (see notes) and keep pan over heat. Add extra oil to pan.



3. BROWN THE CHICKEN

Coat chicken in **salt and pepper**. Add chicken to saucepan, in batches if necessary, and cook for 4-6 minutes until chicken begins to brown. Remove to a plate and keep pan over heat.



4. ADD THE VEGETABLES

Slice celery and mushrooms. Dice carrot and parsnip. Add to pan along with mushrooms and remaining sage. Sauté for 5 minutes. Add chicken back to the pan and crumble in stock cube. Pour in **700 ml water**. Simmer, covered, for 15 minutes.



5. ADD THE KALE

Finely shred kale leaves. Add to stew and stir to combine. Cook for a further 2 minutes. Season with **salt and pepper** (see notes).



6. FINISH AND SERVE

Divide quinoa among bowls. Ladle in stew and garnish with crispy sage (see notes).

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