



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Buckwheat

Buckwheat is a gluten-free seed that is closely related to the rhubarb plant! It is high in protein and contains resistant starch, which is good for gut health!



F4 Chicken Pozole Verde with Buckwheat

A herbaceous Mexican stew made from a flavourful paste of coriander, onion and spices cooked with chicken breast fillet, vegetables and buckwheat.

 30 minutes

 4 servings

 Chicken

6 May 2022

Switch it up!

Switch it up and make a traditional pozole. Reserve the coriander for garnish and make a paste with the onion, tomato paste and smoked paprika.

Per serve: **PROTEIN** 54g **TOTAL FAT** 5g **CARBOHYDRATES** 42g

FROM YOUR BOX

CHICKEN BREAST FILLETS	600g
BROWN ONION	1
CORIANDER	1 packet (20g)
ZUCCHINI	1
GREEN CAPSICUM	1
CORN COBS	2
BUCKWHEAT	1 packet (150g)
STOCK PASTE	1 jar
JALAPEÑOS	2

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground cumin, dried oregano, white wine vinegar

KEY UTENSILS

large saucepan, stick mixer (or small blender)

NOTES

Instead of shredding the chicken you can slice it and return to the saucepan.

You can also garnish the stew with thinly sliced radish, diced avocado or dollops of sour cream.



1. BROWN THE CHICKEN

Heat a large saucepan over medium-high heat. Coat chicken in **oil, salt and pepper**. Add to saucepan and cook for 2-3 minutes each side until browned.



2. MAKE THE GREEN PASTE

Meanwhile, roughly chop onion and blend to a smooth consistency with coriander (including stems and roots), **2 tbsp oregano, 1 tbsp cumin** and **1/4 cup water**.



3. COOK THE VEGETABLES

Crescent zucchini, dice capsicum and remove corn kernels from cobs. Add to saucepan along with green paste and cook for 5 minutes, stirring occasionally.



4. ADD THE BUCKWHEAT

Add buckwheat to saucepan along with stock paste and **1 1/2 L water**. Simmer, covered, for 15 minutes.



5. SHRED THE CHICKEN

Remove chicken from saucepan and use 2 forks to shred (see notes). Return to saucepan and stir to combine. Season with **1 1/2 tbsp vinegar, salt and pepper**.



6. FINISH AND SERVE

Thinly slice jalapeños.

Divide stew among bowls and garnish with jalapeño slices (see notes).

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

