



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.



Bone Broth Chicken Stew with Crispy Sage

Bone broth concentrate from Perth locals, The Ugly Mug, adds nutritional benefits to this unctuous chicken stew loaded with winter root vegetables, vibrant green kale and crispy sage.



30 minutes



4 servings



Chicken

28 July 2023

Bulk it up!

Serve the bone broth stew with garlic bread, cooked grains or pasta to bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	56g	7g	37g

FROM YOUR BOX

SAGE	1 packet
DICED CHICKEN BREAST	600g
BROWN ONION	1
CARROT	1
PARSNIPS	2
POTATOES	3
CHICKEN BONE BROTH	1 pouch
KALE	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper, seeded mustard, cornflour

KEY UTENSILS

large saucepan

NOTES

Line plate with paper towel.

You could also season your stew with balsamic vinegar or Worcestershire sauce if desired, or make your stew creamy by stirring through cream cheese, sour cream or natural yoghurt once it's cooked.

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



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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.



2. BROWN THE CHICKEN

Add **1 1/2 tbsp cornflour, salt and pepper** to a bowl and mix to combine. Toss diced chicken in flour mixture to coat well. Add chicken to saucepan, in batches if necessary, and cook for 4-6 minutes until chicken begins to brown. Remove to a plate (see notes) and keep pan over heat.



3. SAUTÉ THE AROMATICS

Thinly slice onion and remaining sage leaves. Add to pan (with extra oil if necessary) and sauté for 3-5 minutes until onion softens.



4. SIMMER THE STEW

Thinly slice carrot and dice parsnips and potatoes. Add to stew as you go. Return chicken to pan and add **1 tbsp mustard**. Pour in bone broth along with **1L water**. Simmer, covered, for 15 minutes until vegetables are tender.



5. ADD THE KALE

Finely shred the kale. 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 stew among bowls. Garnish with crispy sage leaves (see notes).

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