



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Saffron

Saffron is an extremely labour-intensive crop, making it one of the most precious spices in the world.



2 Saffron Chicken with Ciabatta

Creamy chicken stew with warm flavours of saffron and fennel seeds. Served with a side of steamed green beans and crusty ciabatta to mop up the sauces.



25 minutes



2 servings



Chicken

15 October 2021

Cook with fish!

This dish is also delicious using white fish with a sprinkle of fresh dill! Add a couple of diced, cooked potatoes to bulk it up!

FROM YOUR BOX

DICED CHICKEN BREAST	300g
BROWN ONION	1
CARROT	1
GARLIC CLOVE	1
SAFFRON	1 packet
CHERRY TOMATOES	1/2 bag (100g) *
SOUR CREAM	1/2 tub (100ml) *
GREEN BEANS	1 packet (150g)
CIABATTA LOAF	1
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, fennel seeds, 1 stock cube (chicken or veg)

KEY UTENSILS

large pan with lid, frypan

NOTES

If you like, omit the sour cream from the stew and mix it with lemon zest, crushed garlic, salt and pepper to make a simple spread for the ciabatta or topping for the stew!

No gluten option - bread is replaced with GF bread.



1. SEAL THE CHICKEN

Set oven to 200°C.

Heat a large deep pan with **oil** over medium-high heat. Add chicken and cook until sealed, season with **salt and pepper**. Slice and add onion.



2. ADD THE AROMATICS

Cut carrot into rounds, crush garlic and add to pan as you go with **1/2 tsp fennel seeds** and saffron.



3. SIMMER THE STEW

Dice tomatoes and add to pan along with **1 stock cube**, sour cream (see notes) and **2 cups water**. Simmer, covered, for 10 minutes.



4. STEAM THE BEANS

In the meantime, heat a frypan with **1/4 cup water**. Trim and add beans, cover and cook for 2-3 minutes. Drain any reserved water and toss with **1 tbsp olive oil, salt and pepper**.



5. WARM THE BREAD

Warm ciabatta in the oven for 2-3 minutes. Slice.



6. FINISH AND SERVE

Adjust the seasoning of stew with **salt and pepper** if needed. Serve in bowls with a side of green beans and sliced ciabatta. Top with chopped parsley.

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

