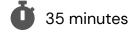




# Olive and Saffron Stew

# with White Sweet Potato

A warming and flavour-packed stew with kalamata olives, capsicum and saffron sweet potatoes served on a bed of fluffy millet.







# Make extral

Add any leftover vegetables to the stew to make extra serves! Zucchini, spinach, capsicum and mushrooms work well!

TOTAL FAT CARBOHYDRATES

86g

#### FROM YOUR BOX

MILLET	200g
BROWN ONION	1
YELLOW CAPSICUM	1
WHITE SWEET POTATOES	500g
TOMATOES	2
SAFFRON THREADS	1 packet
TINNED BUTTER BEANS	400g
KALAMATA OLIVES	1 tub
OREGANO	1 packet

#### FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, ground paprika, red wine vinegar

#### **KEY UTENSILS**

large frypan with lid, saucepan

#### **NOTES**

Saffron has a lovely floral flavour. If you are unsure how strong you want the flavour, you can add 1/2 packet to the stew first and then more at the end to taste.





#### 1. COOK THE MILLET

Place millet 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. Press down in a sieve to squeeze out excess liquid.



# 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with 3 tbsp olive oil. Slice onion and capsicum. Dice sweet potato (2-3cm) and wedge tomatoes. Add all to pan as you go.



#### 3. ADD THE AROMATICS

Add saffron, 2 tbsp cumin and 2 tsp paprika, and cook for 5 minutes until fragrant (see notes).



### 4. SIMMER THE STEW

Drain and add beans along with 2 tbsp vinegar and 3 cups water. Cover and simmer for 20 minutes or until potato is tender. Rinse olives and stir through stew. Season with salt and pepper to taste.



## **5. FINISH AND SERVE**

Divide millet and stew among shallow bowls. Garnish with oregano leaves.

