



Product Spotlight: Saffron

Saffron is a spice derived from the flower of *Crocus sativus*, commonly known as the saffron crocus.



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.



35 minutes



4 servings



Plant-Based

14 April 2023

Make extra!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	14g	19g	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.



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