



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Broccolini

Broccolini is often misidentified as young broccoli. It is actually a natural cross between broccoli and gai lan.



## 1 Italian Chicken with Olives

Quick and flavoursome Italian style chicken stew served over soft polenta with a side of blanched broccolini.



20 minutes



2 servings



Chicken

22 June 2020

## FROM YOUR BOX

OREGANO	1/2 packet *
FETA CHEESE	1/2 packet *
DICED CHICKEN THIGH FILLETS	300g
RED ONION	2/3 *
COURGETTES	2
SUN-DRIED TOMATOES	1/2 tub *
BROCCOLINI	1 bunch
INSTANT POLENTA	125g
OLIVES	1/2 tub *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil/butter, salt, pepper, dried oregano, cornflour

## KEY UTENSILS

large frypan, saucepan

## NOTES

For added flavour, use the oil from the sun-dried tomatoes or marinated olives when cooking the chicken (step 2).

Add broccolini to stew if preferred.



### 1. PREPARE THE POLENTA

Bring a saucepan with **3 cups water** to a simmer, keep covered. Pick oregano leaves and crumble feta cheese. Set aside.



### 4. BLANCH THE BROCCOLINI

Trim broccolini. Blanch in the boiling water for 2-3 minutes or until cooked to your liking. Remove using a slotted spoon (reserving 600ml boiling water for step 5) and place in a serving bowl.



### 2. SEAL THE CHICKEN

Heat a frypan with **oil** over medium-high heat (see notes). Add chicken to pan and cook until sealed. Season with **1/2 tsp dried oregano, salt and pepper**.



### 5. COOK THE POLENTA

Slowly pour polenta into the boiling water, stirring. Cook over medium heat, stirring, for 2 minutes or until thickened. Take off heat and add **1 tbsp olive oil/butter**, feta cheese and oregano. Season well to taste with **salt and pepper**.



### 3. SIMMER THE STEW

Slice and add onion and courgettes. Drain and chop sun-dried tomatoes. Add to pan as you go.

Mix **1/2 tbsp cornflour** with **3/4 cup water**. Stir into stew, cover and simmer for 10 minutes.



### 6. FINISH AND SERVE

Add olives to stew and adjust seasoning to taste. Serve Italian chicken over polenta with a side of broccolini.

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