



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



4 servings



Chicken

22 June 2020

FROM YOUR BOX

OREGANO	1/2 packet *
FETA CHEESE	1/2 packet *
DICED CHICKEN THIGH FILLETS	600g
RED ONION	2/3 *
COURGETTES	3
SUN-DRIED TOMATOES	1/2 tub *
TOMATO SUGO	1/2 jar *
BROCCOLINI	1 bunch
INSTANT POLENTA	250g
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 **1.3L 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 1.2L boiling water for step 5) and place in a serving bowl.



2. SEAL THE CHICKEN

Heat a large frypan with **oil** over medium-high heat (see notes). Add chicken to pan and cook until sealed. Season with **1 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 **2 tbsp olive oil/butter**, feta cheese and oregano. Season well to taste with **salt and pepper**.



3. SIMMER THE STEW

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

Mix **1 tbsp cornflour** with **1 1/2 cup water**. Stir into stew along with tomato sugo, 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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