



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Broccoli

Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.



M4 Chicken Stroganoff

Super simple chicken stroganoff served over broccoli rice. A mid-week winner!

 25 minutes

 4 servings

 Chicken

May - June 2022

Add some herbs!

If you have some fresh herbs at home, add them for garnish! Parsley, chives, thyme and oregano would all work well! We can also recommend a few drops of your favourite chilli sauce to serve!

FROM YOUR BOX

BASMATI RICE	300g
BROCCOLI	1
DICED CHICKEN BREAST	600g
BROWN ONION	1
SLICED MUSHROOMS	300g
TOMATO PASTE	1 sachet
SOUR CREAM	1 tub

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked or ground paprika (see notes), dijon mustard, cornflour

KEY UTENSILS

saucepan, large frypan

NOTES

Cut broccoli into desired sized florets. Steam on top of the rice if you prefer!

Using smoked paprika will boost the flavour, while ground paprika gives you a milder flavour.



1. COOK THE RICE

Place rice in a saucepan and cover with plenty of water. Bring to the boil and simmer for a total of 10–12 minutes, see next step.



2. ADD THE BROCCOLI

Trim and chop broccoli into small florets (see notes). Add to rice for the last 2–3 minutes of cooking. Drain and rinse well.



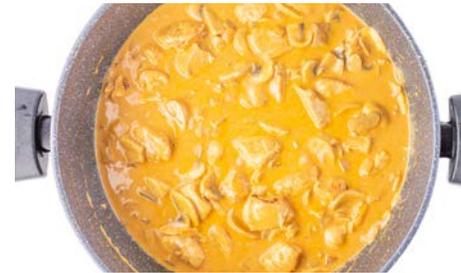
3. COOK CHICKEN & ONION

While the rice is cooking, heat a large pan with oil over medium–high heat. Add diced chicken and cook until golden. Slice and add onion, season with **1/2–1 tbsp paprika, salt and pepper**.



4. SIMMER THE STROGANOFF

Slice and add mushrooms. Cook until softened then stir in tomato paste and **3 tsp dijon mustard**. Mix **1 tbsp cornflour with 1 cup water**. Add to pan and stir until thickened.



5. STIR IN SOUR CREAM

Add sour cream and combine well. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve chicken stroganoff over broccoli rice at the table.

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**

