



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




Product Spotlight: Saffron


Saffron is a spice derived from the flower of *Crocus sativus*, commonly known as the "saffron crocus" (pictured below).



P2 Saffron Chicken Pasta

A creamy, fragrant pasta dish with chicken, fresh tomatoes and saffron topped with crunchy sugar snap peas.

 20 minutes

 2 servings

 Chicken

May-June 2022

Different flavour

If you are not a fan of saffron, season the sauce with garlic, herbs and perhaps sun-dried tomatoes instead. You can use the saffron in baking or breakfast recipes.

FROM YOUR BOX

SHORT PASTA	250g (1/2 packet)
BROWN ONION	1
SAFFRON THREADS	1 packet
CHICKEN STIR-FRY STRIPS	250g
TOMATOES	2
SOUR CREAM	1 tub
SUGAR SNAPS	1 packet (150g)

FROM YOUR PANTRY

oil for cooking, salt, pepper, stock cube (of choice)

KEY UTENSILS

frypan, saucepan

NOTES

Add the sugar snaps to the sauce if you prefer it all warm!

Serve sauce and pasta separately if you like!

No gluten option - pasta is replaced with GF pasta.



1. BOIL THE PASTA

Bring a saucepan of water to the boil. Add pasta to boiling water and cook according to the packet instructions. Drain and set aside.



2. SAUTÉ THE ONION

Heat a frypan with **1-2 tbsp oil** over medium heat. Dice onion and add along with saffron threads, and cook for 3 minutes or until softened.



3. SEAL THE CHICKEN

Increase heat to high, add chicken strips and cook until sealed.



4. SIMMER THE SAUCE

Chop tomatoes and add to pan. Stir in sour cream and **1/2 tub water**. Crumble in **1/2 stock cube** and simmer, uncovered, for 6-8 minutes.



5. PREPARE SUGAR SNAPS

Trim and halve sugar snaps (see notes).



6. FINISH AND SERVE

Toss pasta with sauce and season to taste with **salt and pepper** (see notes). Serve in bowls topped with sugar snaps.

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**

