



Product Spotlight: Abhi's Bread

Abhi's products have reached cult status over the last 20 years and are available to purchase across Perth and from our Marketplace.



Warming Rustic Chicken Stew

with Garlic Bread

This rustic chicken stew is perfect for a chilling night, flavoured with tarragon herb mix, packed with veggies. Set and forget until it's time to make the garlic bread!



20 minutes + 3 hours slow cook



Chicken



2-3 servings

Mix it up!

*Garnish stew with parmesan cheese.
Switch the garlic bread up and make
cheese toasties for dipping into the stew.*

Per serve: **PROTEIN** 32g **TOTAL FAT** 13g **CARBOHYDRATES** 49g

FROM YOUR BOX

DICED CHICKEN THIGHS	300g
BROWN ONION	1
CARROTS	2
MEDIUM POTATOES	2
GARLIC CLOVES	2
BUTTON MUSHROOMS	150g
TARRAGON HERB MIX	1 packet
CHICKEN STOCK PASTE	1 jar
PARSLEY	1 packet
BABY CIABATTA	1 loaf
GREEN BEANS	150g

FROM YOUR PANTRY

oil for cooking, salt, pepper, butter (or olive oil), flour (of choice)

KEY UTENSILS

frypan, slow cooker

NOTES

If your slow cooker has a sauté function, sear the meat directly in it. No slow cooker? Simmer the stew in a large pan for 20–30 minutes instead!

No gluten option – ciabatta is replaced with GF bread.

Protein Upsize Option: when adding extra meat, increase liquid in your slow cooker by adding 1/2 cup water to ensure even cooking.

Tarragon herb mix: dried tarragon, dried rosemary, garlic powder.



1. BROWN THE CHICKEN

Heat a large frypan over medium-high heat with **oil**. Season **chicken** with **salt and pepper** and toss with **2 tbsp flour**. Add to pan and cook for 4–6 minutes until browned.



2. PREPARE THE VEGETABLES

Set slow cooker to high heat (see notes). Dice **onion** and **carrots**. Dice **potatoes** into 2–3cm cubes. Crush 1 garlic clove (reserve remaining for step 4) and slice **mushrooms**. Add to slow cooker as you go.



3. SIMMER THE STEW

Add **tarragon herb mix**, **stock paste** and **750ml water** to slow cooker. Simmer on high heat for 3–3 1/2 hours until chicken and vegetables are tender.



4. PREPARE THE CIABATTA

When there is 15 minutes left on the slow cooker, set oven to 220°C, finely chop **parsley** (including tender stems). Add **2 tbsp butter/olive oil**, 1/2 parsley and crushed garlic to a bowl, mix to combine. Slice **ciabatta** and spread on garlic butter. Bake for 5–7 minutes until golden and crispy.



5. ADD THE GREEN BEANS

Trim and halve **green beans**. Add to slow cooker for final 10 minutes of cooking. Season stew to taste with **salt and pepper**.



6. FINISH AND SERVE

Garnish stew with remaining parsley. Serve tableside along with garlic bread.

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**

