

**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



4-6 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	TOTAL FAT	CARBOHYDRATES
	37g	15g	42g

## FROM YOUR BOX

DICED CHICKEN THIGHS	600g
BROWN ONION	1
MEDIUM POTATOES	3
CARROTS	3
GARLIC CLOVES	3
BUTTON MUSHROOMS	300g
TARRAGON HERB MIX	1 packet
CHICKEN STOCK PASTE	1 jar
PARSLEY	1 packet
BABY CIABATTA	1 loaf
GREEN BEANS	250g

## 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 **3 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 2 garlic cloves (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 **1.5L 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**

