



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Saffron

Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



1 Saffron Chicken with Ciabatta

Creamy chicken stew with warm flavours of saffron and fennel seeds. Served with a side of steamed green beans and crusty ciabatta to mop up the sauces.



20 minutes



2 servings



Chicken

8 June 2020

FROM YOUR BOX

DICED CHICKEN BREAST FILLET	300g
LEEK	1
CARROT	1
SAFFRON	1 packet
CHERRY TOMATOES	1/2 packet (100g) *
CHICKEN STOCK PASTE	1/2 jar *
SOUR CREAM	1/2 tub (100g)
GREEN BEANS	1 packet (150g)
CIABATTA LOAF	1
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, fennel seeds

KEY UTENSILS

pan with lid, frypan

NOTES

If you like, omit sour cream from stew and mix it with lemon zest, crushed garlic, salt and pepper to make a simple spread for the ciabatta or topping for the stew!

No gluten option - bread is replaced with GF bread.



1. SEAL THE CHICKEN

Warm the oven to 200°C.

Heat a pan with **oil** over medium-high heat. Add chicken and cook until sealed, season with **salt and pepper**. Slice and add leek.



2. ADD THE AROMATICS

Cut carrot into rounds, add to pan as you go with **1/2 tsp fennel seeds** and saffron.



3. SIMMER THE STEW

Quarter and add cherry tomatoes to pan along with stock paste (1/2 tbsp), 1/2 tub sour cream and **1 1/2 cups water**. Stir to combine and simmer, covered, for 10 minutes.



4. STEAM THE BEANS

In the meantime, heat a frypan with **2 tbsp water**. Trim and add beans, cover and cook for 2-3 minutes. Drain any reserved water and dress with **1/2 tbsp olive oil, salt and pepper**.



5. WARM THE BREAD

Warm ciabatta in the oven for 2-3 minutes. Slice.



6. FINISH AND SERVE

Adjust the seasoning of stew with **salt and pepper** if needed. Serve in bowls with a side of green beans and sliced ciabatta. Top with chopped parsley.

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**

