



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



## Spice it up!

*Try using curry powder instead of turmeric for a more exciting flavour! You could also add 1/2 tsp of fennel seeds and a crushed garlic clove to the vegetables before simmering for added depth of flavour.*

## 1 Saffron Fish Stew

A rustic fish stew with flavours of saffron and turmeric, cooked with buckwheat and tomatoes, finished with dill yoghurt.



30 minutes



2 servings



Fish

15 June 2020

Per serve: **PROTEIN** 29g **TOTAL FAT** 4g **CARBOHYDRATES** 40g

## FROM YOUR BOX

CELERY STICKS	2
RED CAPSICUM	1/2 *
SPRING ONIONS	2 *
BUCKWHEAT	1 packet (75g)
SAFFRON	1/2 packet *
TOMATOES	2
DILL	1/2 packet *
NATURAL YOGHURT	1/2 cup (125ml) *
WHITE FISH FILLETS	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

olive oil, salt and pepper, stock cube (1/2), ground turmeric

## KEY UTENSILS

large frypan with lid

## NOTES

If you prefer to take your time preparing the vegetables, keep the pan over low heat while chopping. Increase the heat to medium-high when you're ready to cook!

**No fish option - white fish fillets are replaced with diced chicken thighs.** Add the chicken to the pan at the same time as the buckwheat in step 2.



### 1. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **1 tbsp olive oil** (see notes). Slice celery, capsicum and spring onions, add to pan as you go. Cook for 5 minutes until softened.



### 2. SIMMER THE STEW

Stir in buckwheat, saffron, **1/2 crumbled stock cube** and **1/2 tsp turmeric**. Cook for 3 minutes until fragrant. Chop tomatoes and add to pan. Pour in **2 cups water**. Cover and simmer for 15 minutes until buckwheat is tender.



### 3. MAKE THE DILL YOGHURT

Chop dill fronds and combine with yoghurt. Season with **salt and pepper**.



### 4. ADD THE FISH

Cut fish into smaller pieces. Add to stew and stir through. Simmer for 3-5 minutes until fish is cooked. Season to taste with **salt and pepper**.



### 5. FINISH AND PLATE

Divide stew among bowls. Dollop with dill yoghurt.

**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](mailto:hello@dinnertwist.com.au)

