



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 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



4 servings



Fish

15 June 2020

Per serve: **PROTEIN** 28g **TOTAL FAT** 4g **CARBOHYDRATES** 39g

FROM YOUR BOX

CELERY STICKS	2
RED CAPSICUM	1
SPRING ONIONS	1/2 bunch *
BUCKWHEAT	1 packet (150g)
SAFFRON	1/2 packet *
TOMATOES	3
DILL	1/2 packet *
NATURAL YOGHURT	1 cup (250ml) *
WHITE FISH FILLETS	2 packets

**Ingredient also used in another recipe*

FROM YOUR PANTRY

olive oil, salt and pepper, stock cube (1), 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 **2 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 crumbled stock cube** and **1 tsp turmeric**. Cook for 3 minutes until fragrant. Chop tomatoes and add to pan. Pour in **3 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

