



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



4 servings



Chicken

8 June 2020

## FROM YOUR BOX

DICED CHICKEN BREAST FILLET	600g
LEEK	1
CARROTS	2
GARLIC CLOVES	2
SAFFRON	1 packet
TOMATOES	2
CHICKEN STOCK PASTE	1/2 jar *
SOUR CREAM	1/2 tub (100g)
GREEN BEANS	1 packet (250g)
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

large 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 large deep 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 carrots into rounds, crush garlic and add to pan as you go with **1/2 tsp fennel seeds** and saffron.



### 3. SIMMER THE STEW

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



### 4. STEAM THE BEANS

In the meantime, heat a frypan with **1/4 cup water**. Trim and add beans, cover and cook for 2-3 minutes. Drain any reserved water and dress with **1 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](mailto:hello@dinnertwist.com.au)

