



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.



1 Saffron Gnocchi Stew

Little potato dumplings in rustic saffron stew with tomatoes and fennel, finished with fresh dill.



30 minutes



2 servings



Plant-Based

15 June 2020

Mix it up!

This dish is great for adding any leftover veggies in the fridge! Stir through some baby spinach or sliced kale leaves at the end. Sliced zucchini or green beans would also work well!

Per serve: **PROTEIN** 19g **TOTAL FAT** 8g **CARBOHYDRATES** 123g

FROM YOUR BOX

RED CAPSICUM	1
FENNEL	1
SPRING ONIONS	2 *
SAFFRON	1/2 packet *
GARLIC	1 clove
TOMATOES	2
GNOCCHI	1 packet
DILL	1/2 packet *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan with lid, saucepan

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!

Cover the saucepan with a lid to bring the water to boil faster.



1. SAUTÉ THE VEGETABLES

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



2. SIMMER THE STEW

Stir in saffron, **1/2 crumbled stock cube** and **1/2 tsp turmeric**. Crush in 1 garlic clove. Cook for 3 minutes until fragrant. Chop tomatoes and add to pan. Pour in **2 1/2 cups of water**. Cover and simmer for 10 minutes.



3. COOK THE GNOCCHI

Bring a saucepan of water to boil (see notes). Add gnocchi to boiling water and cook for 2-3 minutes or until all gnocchi has risen to the surface.



4. STIR IN THE GNOCCHI

Drain the gnocchi and stir through the saffron stew. Season to taste with **salt and pepper**.



5. FINISH AND PLATE

Divide stew among bowls. Garnish with chopped dill.

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

