



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



## Farmhouse Chicken Stew

A rustic chicken stew with garden root vegetables, simmered with flavours of mustard and thyme.



40 minutes



4/6 servings



Chicken

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
MEDIUM POTATOES	4	6
CELERY STALKS	2	3
CARROTS	2	3
DICED CHICKEN BREAST	600g	600g + 300g
GARLIC CLOVE	1	2
BAVARIAN MUSTARD	1 jar	2 jars

## FROM YOUR PANTRY

oil for cooking, salt and pepper, flour (of choice), dried thyme

## NOTES

You can transform this dish into a chicken curry. Leave out the mustard, use your preferred curry paste or spices and simmer in coconut milk instead. Serve with naan bread or rice.

This dish can be cooked in the slow cooker if you have one.

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## 1. PREPARE THE VEGETABLES

Dice **onion, potatoes, celery** and **carrots** into even pieces.

**TIP** *We diced the vegetables to 1-2cm in size. You can add sweet potato, parsnip or turnip if you want more variety.*

## 2. BROWN THE CHICKEN

Heat a large saucepan over medium-high heat with **oil**. Add **chicken** and **2-3 tsp dried thyme**. Cook until sealed. Season with **salt and pepper**. Crush and add **garlic cloves**.

**6P** – add chicken and 3-4 tsp dried thyme.

**TIP** *You can add seasonings such as a pre-made stew mix, ground spices or herbs. Instead of dried thyme, you can use dried tarragon or parsley. Fresh thyme or rosemary can also be added.*

## 3. SIMMER THE STEW

Stir in **prepared vegetables, mustard** and **3 tbsp flour**. Pour in **1.2L water** and stir to combine. Cover and simmer for 25-30 minutes until **vegetables** are tender. Season with **salt and pepper** to taste.

**6P** – stir in prepared vegetables, mustard and 4 tbsp flour. Pour in 1.6L water and stir to combine.

**TIP** *You can use a stock cube or stock paste for added flavour. Add a fresh or dried bay leaf for depth of flavour.*

## 4. FINISH AND SERVE

Divide **stew** among bowls to serve.

**TIP** *Garnish stew with fresh chopped parsley and serve with crusty bread if preferred.*