



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Sauerkraut


Foley's Frothing Fermentation Sauerkraut is loaded with probiotics, natural enzymes & vitamins to strengthen your digestive system & feed the good bacteria in your gastrointestinal tract.



## 2 Chicken Cacciatore

Chicken chops in a rich tomato passata with olives and sauerkraut.

 35 mins

 2 servings

 Chicken

28 May 2021

## Bulk it out!

*Serve this dish with a cooked short pasta or thick slices of crusty bread.*

Per serve: **PROTEIN** 50g **TOTAL FAT** 36g **CARBOHYDRATES** 28g

## FROM YOUR BOX

CHICKEN CHOPS	400g
CELERY STICK	1
CARROT	1
GREEN BEANS	1/2 bag (75g) *
PASSATA	1 jar
SAUERKRAUT	1 jar
OLIVES	1 tub
PARSLEY	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt and pepper, dried oregano

## KEY UTENSILS

oven proof frypan (see notes)

## NOTES

If you don't have an oven proof frypan, simply cook the ingredients according to instruction, then transfer into a roasting dish.

Instead of water, you could use chicken stock or white wine to deglaze your pan.



### 1. BROWN CHICKEN

Set oven to 220°C.

Heat a large oven proof frypan over medium-high heat with **oil**. Slash chicken in 3 to 4 places, season with **1 tsp dried oregano salt and pepper**. Add to the pan, skin side down and cook for 4–6 minutes, until the skin is browned, remove from the pan.



### 2. PREPARE VEGETABLES

Slice celery and carrot. Add to the pan as you go and cook for 3–4 minutes. Trim and slice green beans, set aside.



### 3. DEGLAZE PAN

Add **1/4 cup water** (see notes) to the pan and scrape any chicken that has stuck to the base of the pan, mix through vegetables. Pour in passata, season with **salt and pepper**.



### 4. BAKE THE DISH

Stir in the sauerkraut, drained olives and green beans. Place dish in the oven for 12–15 minutes, or until chicken is cooked through.



### 5. FINISH AND PLATE

Evenly divide chicken and vegetables among shallow bowls. Roughly chop parsley and sprinkle over the top of each dish.

**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)

