



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds of the fennel are all edible!



2 Braised Italian Chicken

Chicken thigh fillets braised in a rich tomato sauce with garlic, fennel, capsicum and kalamata olives.

 30 minutes

 4 servings

 Chicken

22 February 2021

Stretch the Dish!

To stretch the dish out you can serve the chicken with roast potatoes, crusty bread or some quinoa.

Per serve: **PROTEIN** 33g **TOTAL FAT** 23g **CARBOHYDRATES** 13g

FROM YOUR BOX

FENNEL	1
RED CAPSICUM	1
RED ONION	1/2 *
ZUCCHINI	1
CHICKEN THIGH FILLETS	600g
CHOPPED TOMATOES	400g
WATERCRESS	1 sleeve
KALAMATA OLIVES	1 tub (100g)
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, garlic (1 clove), red wine vinegar, dried thyme

KEY UTENSILS

large frypan with lid

NOTES

Soak the parsley in some water and spin it dry in a salad spinner to remove any sand.



1. PREPARE THE VEGETABLES

Slice the fennel (reserve fronds), capsicum and onion. Dice zucchini. Set aside.



2. BROWN THE CHICKEN

Cut chicken fillets into halves. Coat with **1 tsp dried thyme, oil, salt and pepper**. Heat a frypan over medium-high heat. Cook chicken for 2 minutes each side until browned.



3. ADD VEGGIES & SIMMER

Add **1 crushed garlic clove** and prepared vegetables to pan along with **2 tbsp olive oil**. Cook for 4-6 minutes until softened. Pour in chopped tomatoes and **1/2 tin (200ml) water**. Cover and simmer for 10 minutes until chicken is cooked through.



4. DRESS THE WATERCRESS

Trim and roughly chop watercress. Toss with **1 tbsp vinegar** and **1 tbsp olive oil**. Season with **salt and pepper**.



5. STIR THROUGH OLIVES

Drain and rinse olives. Rinse and chop parsley (see notes). Stir olives and parsley through the chicken. Take off heat and season with **salt and pepper**.



6. FINISH AND PLATE

Divide tomato chicken among shallow bowls. Garnish with chopped fennel fronds. Serve with a side of watercress.

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**

