



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

 4 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** 44g **TOTAL FAT** 26g **CARBOHYDRATES** 22g

FROM YOUR BOX

CHICKEN CHOPS	800g
SHALLOT	1
CELERY STICKS	2
CARROT	1
GREEN BEANS	1/2 bag (125g) *
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 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 shallot, 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

