

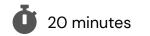


# **Product Spotlight:** Saffron

Saffron is a spice derived from the flower of Crocus sativus, commonly known as the "saffron crocus" (pictured below).

# **Saffron Chicken Pasta**

A fragrant creamy pasta dish with chicken, sour cream and saffron. Topped with in-season asparagus.







2 November 2020



If you're not a fan of saffron in cooking, you can flavour the sauce with any dried or fresh herb of choice (thyme, rosemary, oregano...), a couple of cloves of garlic or sun-dried tomatoes!

### FROM YOUR BOX

BROWN ONION	1
SAFFRON	1 packet
CHICKEN STIR-FRY STRIPS 🍧	200g
CAPSICUM STRIPS	1/3 tub *
ΤΟΜΑΤΟ	1
SOUR CREAM	1/2-1 tub
FARFALLE PASTA	250g
ASPARAGUS	1 bunch
SICILIAN OLIVES	1 tub

\*Ingredient also used in another recipe

#### FROM YOUR PANTRY

oil (for cooking), salt, pepper, 1/2 chicken or veg stock cube

### **KEY UTENSILS**

saucepan, frypan

### NOTES

Add the asparagus to the sauce if you like!

The sauce and pasta can be served separately if preferred.

No gluten option - pasta is replaced with GF pasta.

VEG OPTION - Ingredients are replaced with vegetarian alternatives - follow the cooking instructions as directed.



# **1. SAUTÉ ONION & SAFFRON**

Bring a saucepan of water to the boil.

Heat a frypan with **oil** over medium heat. Dice onion and add along with saffron threads, cook for 3 minutes or until softened.



# **2. ADD THE CHICKEN STRIPS**

Increase heat to high, add chicken strips and cook until sealed.

VEG OPTION - Skip and go to step 3.



### **3. SIMMER THE SAUCE**

Drain 1/3 tub capsicum strips and dice tomato, add to pan as you go. Spoon in sour cream (use to taste), add 1/2 cup water and crumble in 1/2 stock cube. Stir until melted, bring to the boil and simmer (uncovered) for 8-10 minutes.



# 4. COOK PASTA & ASPARAGUS

Add pasta to boiling water and cook according to the packet instructions.

Trim asparagus and add to boiling water for the last 2 minutes of cooking. Drain and rinse in cold water.



# **5. TOSS PASTA & SAUCE**

Add pasta to sauce (see notes), toss to combine and season to taste with **salt and pepper**.

VEG OPTION - Add olives just prior to serving or serve as a topping.



### **6. FINISH AND SERVE**

Serve pasta in bowls topped with asparagus.

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 **0481072 599** or send an email to hello@dinnertwist.com.au