



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Saffron

Saffron is an extremely labor-intensive crop making it one of the most precious spices in the world.



1 Saffron Chicken with Ciabatta

Creamy chicken stew with warm flavours of saffron and fennel seeds. Served with a side of steamed green beans and crusty ciabatta to mop up the sauces.



20 minutes



2 servings



Chicken

30 April 2021

Substitute with fish!

If you are a fish or seafood lover – this dish is delicious using salmon, white fish or seafood of choice instead of diced chicken!

FROM YOUR BOX

DICED CHICKEN BREAST 	300g
LEEK	1
CARROT	1
SAFFRON	1 packet
CHERRY TOMATOES	1/2 packet (100g) *
SOUR CREAM	1/2 tub (100g) *
GREEN BEANS	1 packet (150g)
CIABATTA LOAF	1
PARSLEY	1/2 bunch *
 WHITE QUINOA	150g
 BUTTERNUT PUMPKIN	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

olive oil + oil/butter for cooking, salt, pepper, fennel seeds, 1/2 stock cube (chicken/veg), 1 garlic clove

KEY UTENSILS

frypan with lid, frypan

NOTES

If you like, omit sour cream from stew and mix it with lemon zest, crushed garlic, salt and pepper to make a simple spread for the ciabatta or topping for the stew!

No gluten option - bread is replaced with GF bread.

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



1. SEAL THE CHICKEN

Warm the oven to 200°C. Heat a pan with **oil** over medium-high heat. Add chicken and cook until sealed, season with **salt and pepper**. Slice and add leek.

 **VEG OPTION** - Sauté leek as above, without the chicken. Place quinoa in a pan with water. Simmer for 15 minutes or until tender. Drain and rinse.



2. ADD THE AROMATICS

Cut carrot into rounds, crush **1 garlic clove** and add to pan as you go with **1/2 tsp fennel seeds** and saffron.

 **VEG OPTION** - Cook as above, dice and add pumpkin (use to taste).



3. SIMMER THE STEW

Quarter tomatoes and add to pan along with **1/2 stock cube**, sour cream to taste and **1 cup water**. Simmer, covered, for 10 minutes.



4. STEAM THE BEANS

In the meantime, heat a frypan with **1/4 cup water**. Trim and add beans, cover and cook for 2-3 minutes. Drain any reserved water and dress beans with **olive oil, salt and pepper**.



5. WARM THE BREAD

Warm ciabatta in the oven for 2-3 minutes. Slice.

**any leftover bread can be used to make croutons for the caesar salad, recipe 3.*



6. FINISH AND SERVE

Adjust the seasoning of stew with **salt and pepper** if needed. Serve in bowls with a side of green beans and sliced ciabatta. Top with chopped parsley.

 **VEG OPTION** - Adjust seasoning to taste with salt and pepper. Serve over quinoa in bowls with a side of green beans and ciabatta. Top with chopped parsley.

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**

