



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Broccoli

Broccoli is a member of the cabbage family, making it a cruciferous vegetable. Its name is derived from the Italian word broccolo, meaning the flowering top of a cabbage.



## 3 Chicken Stroganoff

Super simple chicken stroganoff served over broccoli rice. A mid-week winner!

 20 minutes

 2 servings




 Chicken

2 July 2021

*Add some herbs!*

*If you have some fresh herbs at home – add some for garnish! Parsley, chives, thyme and oregano would all work well! We can also recommend a few drops of your favourite chilli sauce to serve...!*

## FROM YOUR BOX

BASMATI RICE	150g
BROCCOLI	1
DICED CHICKEN BREAST 	300g
BROWN ONION	1
SLICED MUSHROOMS	1/2 packet (100g) *
TOMATO PASTE	1 sachet
SOUR CREAM	2/3 tub *
 HALLOUMI	1 packet
 CHERRY TOMATOES	200g

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil/butter for cooking, salt, pepper, smoked or ground paprika (see notes), dijon mustard, cornflour


## KEY UTENSILS

saucepan, frypan

## NOTES

Cut broccoli into desired sized florets. Steam on top of the rice if you prefer! Use to taste!

Using smoked paprika will boost the flavour while ground paprika gives you a milder flavour.

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



### 1. COOK THE RICE

Place rice in a saucepan and cover with plenty of water. Bring to the boil and simmer for a total of 10-12 minutes, see next step.




### 2. ADD THE BROCCOLI

Trim and chop broccoli into small florets (see notes). Add to rice the last 2-3 minutes of cooking. Drain and rinse well.



### 3. COOK CHICKEN & ONION


While the rice is cooking, heat a pan with **oil** over medium-high heat. Add diced chicken and cook until golden. Slice and add onion, season with **2 tsp paprika, salt and pepper**.

 **VEG OPTION** - Dice halloumi and cook as above instead of chicken.



### 4. SIMMER THE STROGANOFF

Add mushrooms, cook until softened then stir in tomato paste and **2 tsp dijon mustard**. Mix **2 tsp cornflour with 1/2 cup water** then add and stir until thickened.

 **VEG OPTION** - Cook as above, adding halved cherry tomatoes along with mushrooms.



### 5. STIR IN SOUR CREAM

Add sour cream and combine well. Season with **salt and pepper** to taste.



### 6. FINISH AND SERVE

Serve chicken stroganoff over broccoli rice at the table.

 **VEG OPTION** - Serve halloumi stroganoff over broccoli rice at the table.

**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**

