

SEE
NOTES FOR
VEGETARIAN
INSTRUCTIONS



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Saffron

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



1 Saffron Chicken Pasta

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

 20 minutes

 4 servings





 Chicken

2 November 2020

Change the flavour!

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 	400g
YELLOW CAPSICUM	1
TOMATOES	2
SOUR CREAM	1 tub (200g)
FARFALLE PASTA	1 packet (500g)
ASPARAGUS 	1 bunch
 SICILIAN OLIVES	1 tub
 ASPARAGUS	2 bunches

**Ingredient also used in another recipe*

FROM YOUR PANTRY

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

KEY UTENSILS


saucepan, large 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 large frypan with **1-2 tbsp 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

Slice capsicum and dice tomatoes, add to pan as you go. Spoon in sour cream, add **3/4 cup water** and crumble in **1 stock cube**. Stir until melted, bring to the boil and simmer (uncovered) for 8-10 minutes.

 **VEG OPTION - Slice asparagus and add to pan, or alternatively follow instructions in step 4.**



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 **0481 072 599** or send an email to **hello@dinnertwist.com.au**

