



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  4 servings  Chicken

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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 	600g
LEEK	1
CARROTS	2
GARLIC CLOVES	2
SAFFRON	1 packet
TOMATOES	2
SOUR CREAM	1 tub (200ml)
GREEN BEANS	1 packet (250g)
CIABATTA LOAF	1
PARSLEY	1/2 bunch *
 WHITE QUINOA	300g
 BUTTERNUT PUMPKIN	1

*Ingredient also used in another recipe

FROM YOUR PANTRY

oil/butter for cooking, olive oil, salt, pepper, fennel seeds, 1 stock cube (chicken or veg)


KEY UTENSILS

large pan 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 large deep 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.**




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 with **1 tbsp olive oil, salt and pepper**.



2. ADD THE AROMATICS

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

 **VEG OPTION - Cook as above, dice and add pumpkin.**



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.*




3. SIMMER THE STEW

Dice tomatoes and add to pan along with **1 stock cube**, sour cream to taste (we used just over 1/2 tub) and **2 cups water**. Simmer, covered, for 10 minutes.



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**

