



Product Spotlight: Fennel

Fennel belongs to the same family as parsley, dill and coriander. The bulb, stalk, leaves and seeds are all edible!



Italian Chicken Stew

with Garlic Bread

Diced chicken breast in a flavourful fresh tomato and fennel broth, served with garlic bread and green beans.



30 minutes



4 servings



Chicken

5 May 2023

Add a little extra!

Garnish this dish with a wedge of lemon and fresh dill or parsley at the end if you have some. Cook your beans in some garlic or with lemon zest if preferred!

Per serve: **PROTEIN** 52g **TOTAL FAT** 16g **CARBOHYDRATES** 28g

FROM YOUR BOX

FENNEL	1
TOMATOES	3
DICED CHICKEN BREAST	600g
TINNED CHOPPED TOMATOES	400g
GREEN BEANS	1 bag (250g)
SOURDOUGH ROLLS	2-pack
GARLIC CLOVE	1

FROM YOUR PANTRY

olive oil, butter, salt, pepper, dried oregano, 1 stock cube (of choice)

KEY UTENSILS

large frypan with lid, frypan

NOTES

You can use olive oil for the garlic bread instead of butter if preferred.

The size of the fennel may vary, use to taste if you have a large one. Remove the outer layer of the fennel. Quarter bulb and remove the core. Keep some fronds for garnish.

Grate the butter to soften it quickly. If you're short on time just serve rolls with plain butter.

No gluten option - bread rolls are replaced with GF bread loaf. Use bread to taste and add more butter/olive oil and oregano accordingly.



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1. SAUTÉ THE VEGETABLES

Set oven to 220°C. Take **50g butter** out to soften (see notes).

Heat a large frypan with **olive oil** over medium-high heat. Slice fennel (see notes) and dice tomatoes. Add to pan as you go and cook for 3-4 minutes or until softened.



2. COOK THE CHICKEN

Add chicken along with **1 tsp dried oregano**. Cook for 3 minutes until golden. Add tinned tomatoes, **2 tins water (800ml)**, **1 crumbled stock cube** and **1/4 cup olive oil**. Simmer, semi-covered, for 12 minutes.



3. COOK THE BEANS

Heat a second frypan over medium-high heat. Trim and add beans along with **1/4 cup water**. Cook for 3-5 minutes until tender or cooked to your liking. Season with **salt and pepper**.



4. MAKE THE GARLIC BREAD

Cut bread rolls in slices 3/4 way through. Crush garlic clove and mix with **1/2 tsp oregano**, **50g softened butter** and a pinch of **salt** (see notes). Spread the garlic butter into the cuts and warm in the oven for 5-7 minutes.



5. FINISH AND SERVE

Season chicken with **salt and pepper** to taste. Serve in bowls with green beans and garlic bread. Garnish with reserved fennel fronds.

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**

