



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Saffron

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



## 2 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.



25 minutes



2 servings



Chicken

15 October 2021

## Cook with fish!

*This dish is also delicious using white fish with a sprinkle of fresh dill! Add a couple of diced, cooked potatoes to bulk it up!*

## FROM YOUR BOX

DICED CHICKEN BREAST	300g
BROWN ONION	1
CARROT	1
GARLIC CLOVE	1
SAFFRON	1 packet
CHERRY TOMATOES	1/2 bag (100g) *
SOUR CREAM	1/2 tub (100ml) *
GREEN BEANS	1 packet (150g)
CIABATTA LOAF	1
PARSLEY	1/2 bunch *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil 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 the sour cream from the 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.**



### 1. SEAL THE CHICKEN

Set 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 onion.



### 2. ADD THE AROMATICS

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



### 3. SIMMER THE STEW

Dice tomatoes and add to pan along with **1 stock cube**, sour cream (see notes) and **2 cups 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 toss with **1 tbsp olive oil, salt and pepper**.



### 5. WARM THE BREAD

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



### 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.

**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](mailto:hello@dinnertwist.com.au)

