



### **Product Spotlight:** Saffron

Saffron is a spice derived from the flower of Crocus sativus, commonly known as the saffron crocus.

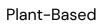
# **Olive and Saffron Stew**

# with White Sweet Potato

A warming and flavour-packed stew with kalamata olives, capsicum and saffron sweet potatoes served on a bed of fluffy millet.









Add any leftover vegetables to the stew to make extra serves! Zucchini, spinach, capsicum and mushrooms work well!

14 April 2023

#### FROM YOUR BOX

MILLET	100g
BROWN ONION	1
WHITE SWEET POTATO	300g
TOMATOES	2
SAFFRON THREADS	1 packet
SAFFRON THREADS	1 packet 400g
	•
TINNED BUTTER BEANS	400g

#### FROM YOUR PANTRY

olive oil, salt, pepper, ground cumin, ground paprika, red wine vinegar

#### **KEY UTENSILS**

large frypan with lid, saucepan

#### NOTES

Saffron has a lovely floral flavour. If you are unsure about how strong you want the flavour, you can add 1/4 packet to the stew first and then more at the end to taste.



#### **1. COOK THE MILLET**

Place millet in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes, or until tender. Drain and rinse. Press down in a sieve to squeeze out excess liquid.



## 2. SAUTÉ THE VEGETABLES

Heat a frypan over medium-high heat with **2 tbsp olive oil**. Slice onion. Dice sweet potato (2–3cm) and wedge tomatoes. Add all to pan as you go.



#### **3. ADD THE AROMATICS**

Add <u>1/2 packet saffron</u>, **1 tbsp cumin** and **1 tsp paprika**, and cook for 5 minutes until fragrant (see notes).



#### **4. SIMMER THE STEW**

Drain and add beans along with **1 tbsp vinegar** and **2 cups water**. Cover and simmer for 20 minutes or until potato is tender. Rinse olives and stir through stew. Season with **salt and pepper** to taste.



#### **5. FINISH AND SERVE**

Divide millet and stew among shallow bowls. Garnish with oregano leaves.



# Scan the QR code to submit a Google review!

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

