




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.

 35 minutes

 2 servings

 Plant-Based

14 April 2023

Make extra!

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

Per serve: **PROTEIN** 19g **TOTAL FAT** 29g **CARBOHYDRATES** 110g

FROM YOUR BOX

MILLET	100g
BROWN ONION	1
WHITE SWEET POTATO	300g
TOMATOES	2
SAFFRON THREADS	1 packet
TINNED BUTTER BEANS	400g
KALAMATA OLIVES	1 tub
OREGANO	1 packet

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.



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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 1/2 packet saffron, **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.

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**

