

SAFFRON CHICKEN & GLASS NOODLES

Gluten & Dairy free, Low Salicylate

Serves 4

Ingredients:

8 chicken thigh fillets
500ml water
Activated saffron threads*
1 small leek
8 Brussel Sprouts
200g green beans
4 shallots
2 stalks of celery chopped
200g Rice noodle or rice vermicelli
Canola oil (or other allowed oils)
Salt to taste
4 serving bowls



* To activate the saffron: finely chop about 10 strands of saffron, place them in a cup and add 2 tablespoon boiling water. Let it sit for 4 hours before using

Method:

- Cut each of the chicken thighs in half and place in a saucepan with the water and activated saffron threads
- Cover with a lid and bring to the boil, then decrease the heat and simmer, with the lid on, for 10 minutes
- Slice the leek into fine rounds
- Slice the Brussel sprouts
- Top and tail the green beans and cut into about 5cm lengths
- Dice the celery into small pieces
- Cut the shallot into 4 cm pieces
- Heat a fry pan with canola oil and add the leek. Cook for about 1 minute
- Place the rice vermicelli in a heat proof bowl and cover with boiling water. Let stand for 10 minutes
- When the chicken is cooked, remove it with a slotted spoon from the saucepan and place in the fridge for 5 minutes
- Leave the lid off the chicken/saffron water and boil for 5 minutes to reduce the liquid
- To a fry pan add the oil and vegetables and stir fry for 5 minutes.
- Take the chicken from the fridge and slice, then add it to the fry pan with the reduced liquid
- Cover the pan with a lid and cook for 5 minutes
- Drain the vermicelli noodle and add it to the frying pan, stirring it through the meat and vegetables
- Distribute to 4 bowls for serving