



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: CELERY STICKS

Packed with flavour whether they're used raw or cooked; celery sticks really are a versatile ingredient! One large stalk contains just 10 calories and lots of fibre, making this vegetable great for bulking up a meal.



## 4. CHORIZO & BEAN SOUP

WITH TOSTADAS

 30 Minutes

 4 Servings

This warming chorizo and white bean soup is not only delicious, but also incredibly tasty! Plus, the homemade cheesy tostadas are perfect for dipping.

25 May 2020

## FROM YOUR BOX

BROWN ONION	1
CHORIZO	1
CARROTS	2
CELERY STICKS	2
CHOPPED TOMATOES	400g
WHITE BEANS	400g
RICOTTA CHEESE	1/2 tub (250g) *
CHIVES	1/2 bunch *
FLATBREADS	1 packet
BABY SPINACH	1/2 bag (100g) *

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried oregano, smoked paprika

## KEY UTENSILS

saucepan, frypan

## NOTES

You can also cook the tostadas in a panini/sandwich press.

**No pork option** - chorizo is replaced with chicken mince. Increase oregano and paprika to 2 tsp of each. Cook for 3-4 minutes before adding vegetables.

**No gluten option** - flatbreads are replaced with GF wraps.



### 1. COOK THE ONION

Heat a large saucepan with **oil** over medium-high heat. Slice and add onion with **1 tsp oregano** and **1 tsp smoked paprika**. Cook for 4-5 minutes until softened. Dice and add chorizo.



### 2. ADD THE VEGETABLES

Dice (or grate) carrots and celery. Add to pan as you go. Cook for 3 minutes, then add tinned tomatoes and drained beans with **1 litre water**. Cover and simmer for 10 minutes.



### 3. PREPARE THE TOSTADAS

Mix ricotta, chopped chives (reserve a little for serving), **2 tsp smoked paprika**, **salt and pepper**. Spread on one half on each flatbread.



### 4. FRY THE TOSTADAS

Heat a frypan over medium heat (see notes). Fold tostadas, drizzle with **oil** and fry in pan for 2-3 minutes on each side or until golden.



### 5. ADD THE SPINACH

Add spinach to the soup. Cook for 2-3 more minutes until wilted, then season with **salt and pepper**.



### 6. FINISH AND PLATE

Serve soup in bowls and accompany with sliced tostadas. Sprinkle with reserved chopped chives.