



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Garlic

The smell of garlic can be removed by running your hands under cold water while rubbing a stainless steel object!



D2 Spanish Chorizo Stew with Croutons

Heart-warming Spanish inspired stew with chorizo, lentils and capsicum. Served with crunchy oven-toasted croutons.



25 minutes



2 servings



Pork

22 April 2022

Make it child friendly!

If you're feeding little ones you can crumble the chorizo into a softer mince instead of slicing. Finely slice the green beans and add to the stew to simmer for longer, or you can serve them on the side!

FROM YOUR BOX

CHORIZO	1
BROWN ONION	1
YELLOW CAPSICUM	1
CARROT	1
GARLIC CLOVE	1
RED LENTILS	1 packet (50g)
TOMATO SUGO	1 jar
CIABATTA LOAF	1
GREEN BEANS	1 bag (150g)

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, stock cube (1/2), ground cumin, smoked paprika

KEY UTENSILS

large frypan, oven tray

NOTES

You can add a dried herb or some crushed garlic to the croutons for extra flavour!

Garnish the stew with sliced chives or chopped parsley if you have some.

No gluten option – ciabatta loaf is replaced with gluten-free bread.



1. COOK THE CHORIZO

Set oven to 200°C.
Heat a frypan over medium-high heat with **oil**. Slice and add chorizo. Cook for 2-3 minutes until browned.



2. SAUTÉ THE VEGETABLES

Chop onion and capsicum. Grate carrot. Add to pan as you go along with 1 crushed garlic clove, **2 tsp cumin** and **2 tsp smoked paprika**.



3. SIMMER THE STEW

Stir in lentils and **1/2 crumbled stock cube**. Pour in tomato sugo and **2 cups water**. Cover and simmer for 8 minutes (see step 5).



4. MAKE THE CROUTONS

Meanwhile, tear bread into desired size pieces. Toss with **2 tbsp olive oil** and **salt** on a lined oven tray (see notes). Toast in oven for 5 minutes or until golden and crunchy.



5. ADD THE BEANS

Trim and slice beans into thirds. Add to stew and simmer for a further 5 minutes until tender. Season with **salt and pepper** to taste.



6. FINISH AND SERVE

Serve stew in bowls topped with toasted croutons (see notes).

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**

