

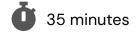


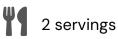


Spanish Lentils & Chorizo

with Polenta Croutons

Farm House Chorizo paired with red lentils and vegetables for a nourishing and delicious stew. Topped with crunchy polenta croutons and fresh parsley.







Make soft polental

If you prefer a soft polenta, cook at the end of the preparation time. Add 1/2-1 cup extra water to make it a little softer. When cooked, stir through 2 tbsp butter, some fresh herbs and a little grated cheese.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

64g 35g

5g

166g

FROM YOUR BOX

POLENTA	125g
CHORIZO	200g
BROWN ONION	1
MEDIUM POTATO	1
ZUCCHINI	1
RED CAPSICUM	1
GARLIC CLOVE	1
SPANISH SPICE MIX	1 sachet
RED LENTILS	100g
TOMATO PASSATA	1 jar
PARSLEY	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika

KEY UTENSILS

saucepan, frypan x 2

NOTES

Boil the kettle to speed up this process. Add 1/2 tsp dried rosemary or other herb of choice for extra flavour in the polenta.





1. COOK THE POLENTA

Bring a saucepan with **450ml water** to a boil (see notes). Gradually pour in **polenta**, whisking, until thickened. Remove from heat and season well with **salt and pepper**. Spread out (about 1 cm thick) on a lined tray. Place into the fridge to cool.



2. COOK THE CHORIZO & VEG

Heat a large pan with **oil** over mediumhigh heat. Slice (or dice) and add **chorizo**. Cook until golden. Dice **onion**, **potato**, **zucchini** and **capsicum**. Add to the pan as you go. Crush in **garlic**.



3. SEASON AND SIMMER

Season with Spanish spice mix and 2 tsp smoked paprika. Stir in lentils, tomato passata and 2 cups water. Simmer, semicovered, for about 20 minutes or until potatoes are tender. Stir occasionally.



4. MAKE POLENTA CROUTONS

Meanwhile, cut polenta into cubes (2cm). Heat a pan with **3 tbsp oil** over medium heat. Add the cubed polenta and cook, in batches, until golden and crispy on both sides. Remove and drain on paper towels.



5. FINISH AND SERVE

Adjust seasoning of the stew with **salt and pepper.** Serve in bowls topped with polenta croutons and chopped **parsley**.





