



### Product Spotlight: Farm House Chorizo

This chorizo is made in Margaret River using traditional smoking methods and local ingredients. And, it's absolutely jam-packed with delicious salty, smokey flavour!



## 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.



35 minutes



2 servings



Pork

## Make soft polenta!

*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** 45g **TOTAL FAT** 40g **CARBOHYDRATES** 78g

## 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	150g
TOMATO PASSATA	700ml
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.

*Spanish spice mix: sweet paprika, smoked paprika, turmeric, garlic granules, parsley flakes.*



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### 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.



### 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 if needed, until golden and crispy on both sides. Remove and drain on paper towels.



### 2. COOK THE CHORIZO & VEG

Heat a large pan with **oil** over medium-high 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 **3 cups water**. Simmer, semi-covered, for about 20 minutes or until **potato** is tender. Stir occasionally, adding more **water** if needed.



### 5. FINISH AND SERVE

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

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