




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

 4 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 a little softer. When cooked stir through 2 tbsp butter, some fresh herbs and a little grated cheese.

Per serve: **PROTEIN** 37g **TOTAL FAT** 18g **CARBOHYDRATES** 108g

FROM YOUR BOX

POLENTA	125g
CHORIZO	200g
BROWN ONION	1
MEDIUM POTATOES	2
ZUCCHINI	1
RED CAPSICUMS	2
GARLIC CLOVES	2
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, large 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.



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1. COOK THE POLENTA

Bring a saucepan with **450ml water** to the 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, until golden and crispy on both sides. Remove and drain on paper towels.



2. COOK CHORIZO & VEG

Heat a large pan with **oil** over medium-high heat. Slice (or dice) and add chorizo. Cook until golden. Dice onion, potatoes, zucchini and capsicums. 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, passata and **1L water**. Simmer, semi-covered, for about 20 minutes or until potatoes are tender. Stir occasionally.



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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