

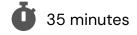




## Spanish Lentils & Chorizo

## 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

18g

3g

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.





## 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.



## 2. COOK CHORIZO & VEG

Heat a large pan with **oil** over mediumhigh 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.



## 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**.

