



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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	24g/36g	21g/31g	43g/69g

FROM YOUR BOX

	4 PERSON	6 PERSON
POLENTA	125g	2 x 125g
CHORIZO	200g	2 x 200g
BROWN ONION	1	1
MEDIUM POTATOES	2	3
ZUCCHINI	1	2
RED CAPSICUMS	2	3
GARLIC CLOVES	2	3
SPANISH SPICE MIX	1 sachet	2 sachets
RED LENTILS	150g	2 x 150g
TOMATO PASSATA	700ml	700ml
PARSLEY	1 packet	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.

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



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.

6P – bring a saucepan with **900ml water** to the boil (see notes).



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.

6P – use **3-4 tsp smoked paprika** and **1.5L water** (adding more if needed).



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**.



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