



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: SPRING ONIONS

A sprig of parsley can provide much more than a garnish! Parsley is an excellent source of vitamin K which is essential for healthy bones and blood clotting.



## 3. SPANISH CHORIZO STEW WITH CROUTONS

 20 Minutes

 4 Servings

Heart-warming Spanish inspired stew with chorizo, lentils and tomatoes. Served with crunchy oven toasted croutons.

11 May 2020

## FROM YOUR BOX

CHORIZO	2-pack
BROWN ONION	1/2 *
CARROT	1
ZUCCHINI	1
GARLIC CLOVES	2
RED LENTILS	1 packet (100g)
CHICKEN STOCK PASTE	1/2 small jar *
TOMATO PASSATA	1 jar (680ml)
SOURDOUGH BREAD ROLLS	2-pack
PARSLEY	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

olive + oil (for cooking), salt, pepper, ground cumin, smoked or ground paprika

## KEY UTENSILS

large pan, oven tray

## NOTES

You can add 1 crushed garlic clove to croutons.  
Cook in a frypan if you prefer.

**No pork option - chorizo is replaced with 300g chicken stir-fry strips.** Cook as per recipe, increase seasoning with an extra tsp of cumin and smoked paprika (use to taste).

**No gluten option - bread rolls are replaced with GF bread.**



### 1. COOK THE CHORIZO

Set oven to 200°C.

Heat a large pan with **oil** over medium heat. Slice chorizo and add straight to the pan. Cook over medium heat until lightly browned.



### 2. SAUTÉ THE VEGETABLES

Dice onion, carrot and zucchini (alternatively grate). Add to the pan as you go. Crush in garlic.



### 3. SEASON & SIMMER THE STEW

Season with **2 tsp cumin** and **2 tsp paprika**. Stir in lentils, chicken stock paste, tomato passata and **1 jar water**. Simmer, covered, for 7-8 minutes.



### 4. MAKE THE CROUTONS

In the meantime, tear bread rolls into desired size. Toss with **2 tbsp olive oil** and **salt** on a lined oven tray. Toast in the oven for 5 minutes or until golden and crunchy.



### 5. FINISH AND PLATE

Adjust seasoning of the stew if needed.

Serve in bowls topped with chopped parsley and a side of toasted croutons.

How did the cooking go? We'd love to know - help us by sharing your thoughts!  
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

