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

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

⏳ 20 Minutes   🍽 2 Servings

11 May 2020

FROM YOUR BOX

CHORIZO	1 packet
RED ONION	1/2 *
CARROT	1
COURGETTES	2
GARLIC CLOVE	1
RED LENTILS	1 packet (50g)
CHICKEN STOCK PASTE	1/2 small jar *
CRUSHED TOMATOES	400g
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

frypan, 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 200ºC.

Heat a frypan 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 courgettes (alternatively grate). Add to the pan as you go. Crush in garlic.

3. SEASON & SIMMER THE STEW

Season with **1 tsp cumin and 1 tsp paprika.** Stir in lentils, chicken stock paste, crushed tomatoes and **1 tin 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.