

X2



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Chorizo and Bean Stew

A rustic tomato-based chorizo and bean stew with hearty vegetables and tender kale. Full of bold flavour and easy to customise — perfect for chilly evenings.



30 minutes



2 servings



Pork

FROM YOUR BOX

CHORIZO	140g
BROWN ONION	1
MEDIUM POTATOES	2
SWEET POTATO	300g
TINNED CHOPPED TOMATOES	400g
TUSCAN KALE	1 bunch
TINNED CANNELLINI BEANS	400g
LEMON	1

FROM YOUR PANTRY

oil for cooking, salt and pepper

NOTES

You can serve this stew with some crusty bread or add some cooked short pasta, quinoa or pearly barley to stretch even further.

1. CRISP THE CHORIZO

Slice or dice **chorizo**. Heat **oil** in heavy-based saucepan or large frypan over medium-high heat. Add **chorizo**, cook 4–5 minutes until browned and crispy. Remove and set aside, leaving **oil** in pan.

TIP *Rendered chorizo oil adds flavour to the base — no need to clean the pan.*

2. SAUTÉ THE VEGETABLES

Dice **onion**, **potatoes**, and **sweet potato** (2cm pieces). Add to pan and cook 4–5 minutes until just softened. Season with **ground spice** of choice, **salt** and **pepper** (see tip).

TIP *Try adding 1 tbsp smoked or sweet paprika, ground cumin, or a pinch of turmeric and chilli flakes for warmth and depth. You can also use a premade spice mix or paste (e.g. harissa or Moroccan blend).*

3. SIMMER THE STEW

Stir in **tinned tomatoes** and **3 cups water** (or stock). Bring to boil, reduce heat, cover, and simmer 15 minutes until vegetables are tender.

Slice **kale** leaves (use to taste). Add **kale**, **cooked chorizo**, **cannellini beans**, and bean **liquid** (from tin). Simmer uncovered for 5 minutes until heated through.

TIP *Use a stock paste or liquid stock instead of water for flavour.*

4. FINISH AND SERVE

Stir in **zest and juice of 1/2 lemon** (wedge remaining). Season to taste with **salt and pepper**. Divide stew between bowls and serve with **lemon wedges**.

TIP *Garnish with chopped parsley grated cheese, or a dollop of yoghurt.*

This recipe has simplified instructions to help lower your meal cost.