

X4



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



4 servings



Pork

## FROM YOUR BOX

CHORIZO	280g
BROWN ONION	1
MEDIUM POTATOES	4
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 **1L water** (or stock). Bring to boil, reduce heat, cover, and simmer 15 minutes until vegetables are tender.

Slice **kale** leaves. 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.**