

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Spring Onions


Spring onions are very young onions, harvested before the bulb has had a chance to swell. Both the long, slender green tops & the small white bulb are edible, either raw or cooked.



## 1 Chorizo Stew with Croutons

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

 20 minutes

 4 servings




 Pork

18 June 2021

## Cooking for kids

*This stew works really well with some small short shaped pasta such as risoni or soup pasta! You can cook all the vegetables, lentils and tomatoes together then blend up for a nice smooth texture. Top with croutons and chorizo!*

## FROM YOUR BOX

CHORIZO 	1 packet (250g)
SPRING ONIONS	1/2 bunch *
CARROT	1
ZUCCHINI	1/2 *
GARLIC CLOVES	2-3
RED LENTILS	1 packet (100g)
CRUSHED TOMATOES	2 x 400g
STOCK PASTE	1/2 jar *
SOUSDOUGH BREAD ROLLS	2-pack
PARSLEY	1/2 bunch *
 YELLOW CAPSICUM	1
 CAMPFIRE BEANS	1 jar

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

olive oil + oil for cooking, salt, ground cumin, smoked paprika


## KEY UTENSILS

large pan, oven tray

## NOTES

**No pork option** – chorizo is replaced with **300g chicken mince**. Season with an extra tsp of cumin and smoked paprika (use to taste).

**No gluten option** – bread is replaced with **GF bread**.


 **VEG OPTION** – Ingredients are replaced with **vegetarian alternatives** – follow the **cooking instructions as directed**.



### 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.

 **VEG OPTION** – Heat a large pan with **oil** over medium heat.



### 2. SAUTÉ THE VEGETABLES


Slice spring onions, dice (or grate) carrot and grate zucchini. Add to the pan as you go. Crush in 2 garlic cloves.

 **VEG OPTION** – Prepare and add **vegetables as above, along with yellow capsicum**.



### 3. SEASON & SIMMER THE STEW

Season with **2 tsp cumin** and **2 tsp smoked paprika**. Stir in lentils, tomatoes and **2 tins water**. Add 1/2 jar stock paste and simmer, covered, for 7-8 minutes.

 **VEG OPTION** – Cook as above adding **campfire beans** as well.



### 4. MAKE THE CROUTONS

Tear bread rolls into desired size. Toss with **2-3 tbsp olive oil, salt** and 1 crushed garlic clove (optional) 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 stew in bowls topped with chopped parsley and a side of toasted croutons.

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