

SEE  
NOTES FOR  
VEGETARIAN  
INSTRUCTIONS



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Avocado


Did you know that avocado is a fruit and contains 20 different vitamins and minerals? It is the only fruit to contain heart healthy monounsaturated fat... good fat!



## 3 Chorizo One Pot with Totopos Chips

A hearty chorizo & lentil stew topped with creamy avocado and served with crunchy Totopos chips.

 20 minutes

 4 servings



 Pork

23 July 2021

*Make cheesy nachos*

*Spread the totopos on an oven tray and scatter over grated cheese (and some jalapeños if you wish!). Delicious served with the chorizo stew.*

## FROM YOUR BOX

CHORIZO 	1 packet (250g)
SPRING ONIONS	1/2 bunch *
YELLOW CAPSICUM	1
SWEET POTATO	500g
TOMATO SUGO	1/3 jar *
CHOPPED TOMATOES	400g
TINNED LENTILS	400g
AVOCADO	1
CORN COB	1
SHREDDED CHEDDAR	1/4 packet (50g) *
TOTOPOS CHIPS	1 bag
 HALLOUMI	2 packets

\*Ingredient also used in another recipe

## FROM YOUR PANTRY


oil for cooking, salt, pepper, ground cumin, 1 stock cube (of choice)

## KEY UTENSILS

large frypan

## NOTES


**No pork option** – chorizo is replaced with **300g chicken mince**. Add 2-3 tsp smoked paprika at step 2.

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



### 1. COOK THE CHORIZO


Heat a frypan with **oil** over medium heat. Dice chorizo and slice spring onions (reserve tops), add to the pan as you go.

 **VEG OPTION** – Rub halloumi with 2 tsp smoked paprika. Cook in a heated frypan with oil until golden. Remove to a chopping board, keep pan over heat.



### 2. ADD THE VEGETABLES

Dice capsicum and sweet potato, add to pan with **1 tbsp cumin**. Cook for 2-3 minutes.

 **VEG OPTION** – Slice spring onion. Dice capsicum and sweet potato, add to pan with 1 tbsp cumin. Cook for 2-3 minutes.




### 3. SIMMER THE STEW

Add tomato sugo, chopped tomatoes and drained lentils along with **1 tin (400ml) water**. Crumble in **1 stock cube**. Simmer, semi-covered, for 10 minutes.



### 4. PREPARE THE GARNISH

Dice avocado and slice reserved spring onion tops. Remove corn kernels from cob.

 **VEG OPTION** – Prepare toppings as above. Dice halloumi into 1cm cubes and return to stew.



### 5. FINISH AND SERVE

Adjust stew seasoning with **salt and pepper** to taste.

Serve stew topped with avocado, corn, spring onions and cheese. Serve with Totopos chips.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

