

# Chorizo and Bean Stew

with courgette and crusty baguette

Family Quick Cook 20 – 25 mins

19



Chorizo



Cannellini Beans



Leek



Courgette



Parsley



Italian Herbs



Grated Italian Style Hard Cheese



Dried Chilli Flakes



Passata



Baguette



Chicken Stock

Pantry Items: Oil, Water, Salt, Pepper, Sugar



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## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Pot with lid, sieve

## Ingredients

	2P	4P
Chorizo	100 g	200 g
Cannellini Beans	1 pack	2 packs
Leek	1 unit	2 units
Courgette	1 unit	2 units
Parsley	5 g	10 g
Italian Herbs	½ sachet	1 sachet
Grated Italian Style Hard Cheese	1 unit	2 units
Dried Chilli Flakes	1 sachet	2 sachets
Passata	1 pack	2 packs
Baguette	2 units	4 units
Chicken Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	699 g	100 g
Energy (kJ/kcal)	3615 kJ/ 864 kcal	517.2 kJ/ 123.6 kcal
Fat (g)	20.4 g	2.9 g
Sat. Fat (g)	7.8 g	1.1 g
Carbohydrate (g)	118.6 g	17 g
Sugars (g)	21.1 g	3 g
Protein (g)	42 g	6 g
Salt (g)	6.7 g	1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

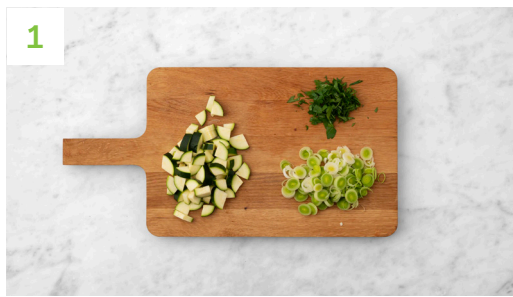
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### Prep the Veg

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Remove the root and dark green leafy part from the **leek**. Thinly slice.
- Trim the **courgette**, quarter lengthways and chop widthways into 1cm chunks.
- Roughly chop the **parsley** (stalks and all).
- Drain and rinse the **cannellini beans** in a sieve.



### Add the Courgette

- When 5 mins of cooking time remain, remove the lid and add the **courgette**.
- Cook until softened, 5 mins.
- Taste and season with **salt, pepper and sugar**, if desired.



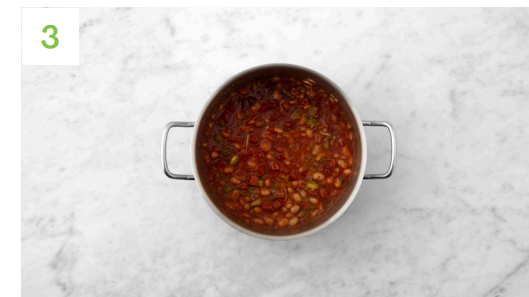
### Soften the Leek

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **leek** and **chorizo**.
- Cook until the **leek** is softened, stirring occasionally, 4-5 mins. **IMPORTANT:** Cook chorizo thoroughly.



### Warm the Baguettes

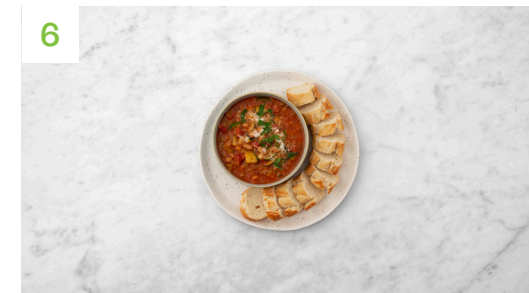
- Pop the **baguettes** into the oven to warm through, 2-3 mins.



### Simmer the Stew

- Add the **cannellini beans**, **half the dried Italian herbs** (double for 4p) and **chilli flakes** (use less if you don't like spice) to the pot.
- Cook until fragrant, stirring frequently, 1 min.
- Pour in the **passata**, **stock** and 400ml **water** (double for 4p).
- Bring to the boil, cover and simmer until the veg is tender, 10-12 mins.

**TIP:** If you're in a hurry you can boil the water in your kettle.



### Finish and Serve

- Dish up spoonfuls of hearty **cannellini bean** and **chorizo** stew.
- Garnish with **cheese** and chopped **parsley**.
- Serve the warm **baguette** alongside.

**Enjoy!**