

Chorizo and Bean Stew

with courgette and crusty baguette

20 – 25 mins

4



Chorizo



Cannellini Beans



Leek



Courgette



Parsley



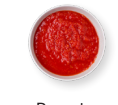
Italian Herbs



Grated Italian Style Hard Cheese



Dried Chilli Flakes



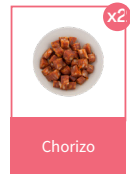
Passata



Baguette



Stock



Chorizo

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



Rate your recipe!

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.

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

Cooking tools you will need

Pot with lid, sieve

Ingredients

	2P	4P
Chorizo	90 g	180 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
Stock	1 sachet	2 sachets
Chorizo	180 g	360 g

Nutrition

for uncooked ingredient	Per 100g	Per 100g
Energy (kJ/kcal)	510.6 kJ/ 122 kcal	566 kJ/ 135 kcal
Fat (g)	2.8 g	42 g
Sat. Fat (g)	1.1 g	1.6 g
Carbohydrate (g)	17 g	16.2 g
Sugars (g)	2.9 g	2.8 g
Protein (g)	5.8 g	6.8 g
Salt (g)	0.9 g	1 g

See site or app for detailed nutritional info.

Allergens

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

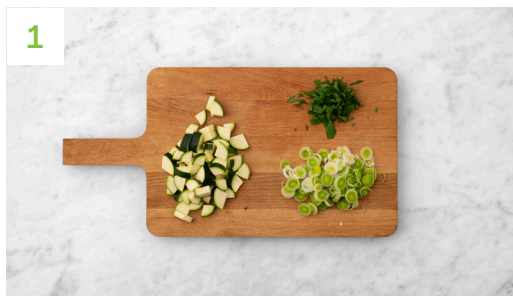
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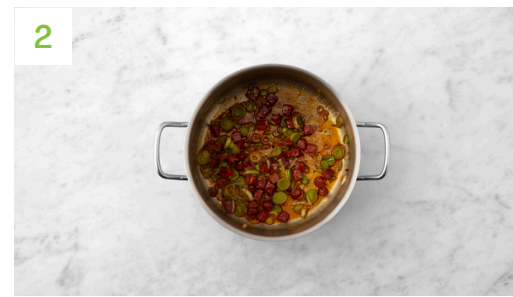
Prep the Veg

- 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.



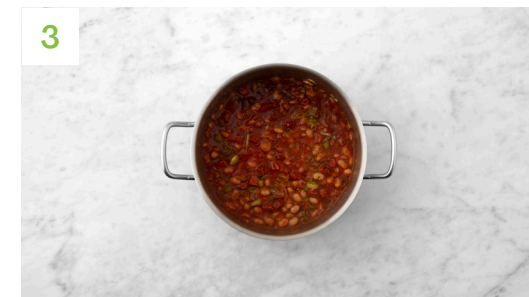
Soften the Leek

- 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

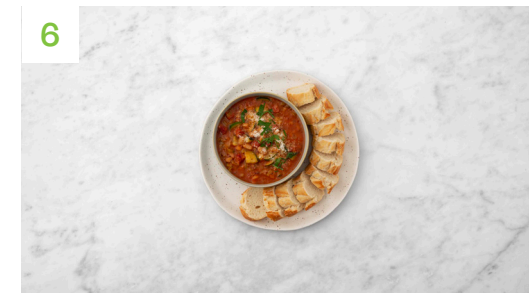
- Pop the **baguettes** into the oven to warm through, 2-3 mins.



Simmer the Stew

- Add the **cannellini beans**, **half** a sachet of **dried Italian herbs** (per 2P) 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** (per 2P).
- 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!