



UCCOOK

Chorizo & Lentil Stew

with a crisp sourdough baguette

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Nitída | Cabernet sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	743kJ	3943kJ
Energy	177kcal	942kcal
Protein	10.4g	55g
Carbs	27g	144g
of which sugars	3.7g	19.7g
Fibre	5g	26.4g
Fat	3.2g	17.2g
of which saturated	1g	5.4g
Sodium	420.7mg	2234mg

Allergens: Gluten, Allium, Wheat, Sulphites, Alcohol

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75g	150g	Diced Onion
50g	100g	Sliced Pork Chorizo
1	1	Garlic Clove <i>peel & grate</i>
7,5ml	15ml	Tomato Paste
100g	200g	Cooked Chopped Tomato
120g	240g	Tinned Lentils <i>drain & rinse</i>
5ml	10ml	Vegetable Stock
50g	100g	Spinach <i>rinse</i>
1	2	Sourdough Baguette/s
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter (optional)
Sugar/Sweetener/Honey
Seasoning (salt & pepper)

1. STEW BASE Boil the kettle. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 2-3 minutes (shifting occasionally). Add the chorizo, the garlic, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, the lentils, the vegetable stock, and 300ml [600ml] of boiling water. Simmer until slightly reduced, 10-20 minutes (stirring occasionally). In the final minute, stir through the spinach until wilted, 1-2 minutes. Add a sweetener (to taste) and seasoning.

2. CRISPY BAGUETTE Spread butter or oil over the baguette rounds. Place a pan over medium heat. When hot, toast the baguette rounds until golden, 1-2 minutes per side. Alternatively, air fry at 200°C until crispy and golden, 5-6 minutes (shifting halfway).

3. SENSATIONAL! Bowl up a generous helping of the lentil and chorizo stew. Side with the crisp baguette rounds for dunking. Sprinkle over the chopped parsley. Dive in, Chef!