



UCCOOK

Chorizo & Lentil Stew

with a crisp sourdough baguette

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	701kJ	3545kJ
Energy	167kcal	847kcal
Protein	8.7g	43.9g
Carbs	22g	114g
of which sugars	3.1g	15.6g
Fibre	3.3g	16.5g
Fat	4.8g	24.5g
of which saturated	1.1g	5.4g
Sodium	598.2mg	3027mg

Allergens: Sulphites, Gluten, Wheat, Alcohol, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

3	4	Spring Onions <i>rinse, trim & roughly slice</i>
150g	200g	Sliced Pork Chorizo
3	4	Garlic Cloves <i>peel & grate</i>
22,5ml	30ml	Tomato Paste
300g	400g	Cooked Chopped Tomato
360g	480g	Tinned Lentils <i>drain & rinse</i>
15ml	20ml	Vegetable Stock
150g	200g	Spinach <i>rinse</i>
3	4	Sourdough Baguettes <i>cut into rounds</i>
8g	10g	Fresh Oregano <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. BEGIN THE BASE Boil the kettle. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the onion until soft, 3-4 minutes (shifting occasionally). Add the chorizo, garlic, and tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, lentils, stock, and 600ml [800ml] of boiling water. Simmer until slightly reduced, 15-20 minutes (stirring occasionally). In the final minute, stir through the spinach until wilted, 3-4 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 STEW! Bowl up a generous helping of the lentil and chorizo stew. Side with the crisp baguette rounds for dunking. Sprinkle over the oregano. Dive in, Chef!