



UCCOOK

Chorizo & Lentil Stew

with a crisp sourdough baguette

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Quick & Easy: Serves 3 & 4

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 3	[Serves 4]	
225g	300g	Diced Onion
150g	200g	Sliced Pork Chorizo
2	2	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
8g	10g	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, 3-4 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 900ml [1.2L] of boiling water. Simmer until slightly reduced, 15-25 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, 6-8 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!