



QCOOK

Painted Wolf's Chorizo & Stonefruit

with ricotta & hazelnuts

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Painted Wolf Wines

Wine Pairing: Painted Wolf Wines | The Pack Solo
Roussanne

Nutritional Info	Per 100g	Per Portion
Energy	422kj	2315kj
Energy	101kcal	554kcal
Protein	4.9g	26.8g
Carbs	12.9g	70.6g
of which sugars	7.1g	39g
Fibre	2.4g	13.3g
Fat	4.6g	25.1g
of which saturated	1.5g	8.4g
Sodium	231.9mg	1272.1mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Alcohol, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces along the diagonal</i>
10ml	20ml	NOMU Italian Rub
60g	120g	Cannellini Beans <i>drain & rinse</i>
10g	20g	Hazelnuts <i>roughly chop</i>
50g	100g	Sliced Pork Chorizo <i>roughly slice</i>
15ml	30ml	Balsamic Reduction
10ml	20ml	Lemon Juice
5g	10g	Fresh Basil <i>rinse, pick & finely slice</i>
40g	80g	Ricotta Cheese
1	2	Plum/s <i>rinse & cut into bite-sized chunks, discarding the pip</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water

1. ROAST Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil, ½ of the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. CRISPY BEANS In a bowl, combine the beans with the remaining NOMU rub, a drizzle of oil, and seasoning. When the roast reaches the halfway mark, scatter the beans over and roast until crispy.

3. CHORIZO When the roast has 3-5 minutes remaining, mix in the chorizo, and roast until warmed through. In the final 2-3 minutes, scatter over the nuts.

4. DRESSING In a bowl, add the balsamic, lemon juice, and a generous drizzle of olive oil. Mix to emulsify.

5. DINNER IS READY Toss the basil through the roast. Bowl up the loaded salad, and crumble over the ricotta. Drizzle over the dressing and scatter over the stonefruit. Cheers, Chef!