



UCCOOK

Chorizo & Lentil Stew

with a crisp sourdough baguette

A hint of spice with everything nice! This hearty lentil and chorizo stew is packed with cooked chopped tomato and fragrant garlic. Each mouthful will have you closing your eyes and tapping your feet due to a deliciousness overload.


Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Ella Nasser

 Quick & Easy

 Stettyn Wines | Stettyn Family Range Pinotage 2021

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Ingredients & Prep

1	Onion <i>peel & roughly dice ½</i>
50g	Sliced Pork Chorizo
1	Garlic Clove <i>peel & grate</i>
7,5ml	Tomato Paste
100g	Cooked Chopped Tomato
120g	Tinned Lentils <i>drain & rinse</i>
5ml	Vegetable Stock
20g	Spinach <i>rinse</i>
1	Sourdough Baguette
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. SOUP BASE Preheat the oven to 200°C. Boil the kettle. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft, 3-4 minutes (shifting occasionally). Add the sliced chorizo, the grated garlic, and the tomato paste. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cooked chopped tomato, the drained lentils, the vegetable stock, and 300ml of boiling water. Simmer until slightly reduced, 10-20 minutes (stirring occasionally). In the final minute, stir through the rinsed spinach until wilted, 1-2 minutes. Add a sweetener and seasoning.

2. CRISPY BAGUETTE When the soup has 10 minutes remaining, sprinkle the sourdough baguette with water and pop in the oven until crispy, 3-5 minutes. When done, remove from the oven, cut in half lengthwise, and spread with butter (optional) or drizzle with oil.

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



Chef's Tip

Draining and rinsing tinned lentils before use reduces the amount of sodium you're adding to your meal. It also improves the flavour and texture of the food.

Nutritional Information

Per 100g

Energy	728kj
Energy	174kcal
Protein	10.1g
Carbs	27g
of which sugars	3.7g
Fibre	4.9g
Fat	3.2g
of which saturated	1g
Sodium	413.3mg

Allergens

Gluten, Allium, Wheat, Sulphites,
Alcohol

Cook
within
4 Days