



## Chorizo and Tomato Stew

with Couscous



20-30min



2 Portions

This smoky Spanish-inspired chorizo stew showcases a double whammy of legumes including both creamy cannellini and crunchy green beans for extra protein and fibre. Soak up the deliciously fragrant tomato and capsicum sauce with a super-quick side of couscous.

## What we send

- cannellini beans
- canned cherry tomatoes
- couscous <sup>1</sup>
- 1 garlic clove, oregano
- onion
- spicy chorizo sausages
- 1 red capsicum, 100g green beans
- smoked paprika

## What you'll require

- olive oil
- sea salt and pepper
- water

## Utensils

- medium saucepan
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1). May contain traces of other allergens.

## Nutrition per serving

Energy 855.0kcal, Fat 44.0g, Proteins 35.7g, Carbs 73.2g



### 1. Prepare ingredients

Halve the **chorizo** lengthwise, then thickly slice. Drain and rinse the **cannellini beans** in a sieve. Finely chop the **onion** and **garlic**. Cut the **capsicum** into 1cm chunks, discarding the core and seeds. Pick **oregano leaves** and coarsely chop. Trim the tops of the **green beans**, then cut into 3cm lengths.



### 4. Finish cooking aromatics

Add **garlic, oregano** and **half the paprika** (keep the remainder for another use). Cook, stirring, for a further 1 min or until fragrant.



### 2. Brown chorizo

Heat **half the oil** in a large saucepan over high heat. Add the **chorizo** and cook, turning occasionally, for 3-4 mins until golden. Remove with a slotted spoon and set aside, leaving the oil in the pan.



### 5. Add beans

Add **tomatoes, green beans, cannellini beans** and **chorizo**. Add **half the boiling water** (see staples list) and bring to the boil. Reduce heat to medium and season with **salt and pepper**. Cover with a lid and simmer for 8 mins or until green beans are just tender.



### 3. Start cooking aromatics

Reduce heat to medium-high. Add the **onion** and **capsicum**, and cook, stirring, for 3 mins or until softened.



### 6. Prepare couscous

Meanwhile, place the **couscous** in a large heatproof bowl with the **remaining boiling water, remaining oil** and **salt**. Stir to combine, cover with plastic wrap and stand for 5 mins or until couscous is tender. Fluff up the grains with a fork. Divide couscous among bowls and top with the stew to serve.