



Chorizo and Tomato Stew

with Couscous



20-30min



4 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

- canned cherry tomatoes
- 2 garlic cloves, oregano
- spicy chorizo sausages
- 1 red capsicum, 200g green beans
- smoked paprika
- onion
- cannellini beans
- couscous¹

What you'll require

- olive oil
- sea salt and pepper
- water

Utensils

- 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 785.0kcal, Fat 48.2g, Proteins 28.6g, Carbs 55.6g



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.



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.



3. Start cooking aromatics

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



4. Finish cooking aromatics

Add **garlic**, **oregano** and **paprika**. Cook, stirring, for a further 1 min or until fragrant.



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.



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.