




Product Spotlight: Capsicum


An excellent source of vitamin C, needed for growth & repair of body tissues. It also helps make collagen, giving our skin strength & elasticity, along with replacing dead skin cells.



3 Chorizo Stew with Cannellini Beans

A hearty stew of chorizo, cannellini beans, vegetables and fresh parsley.

 30 mins

 2 servings

 Pork

4 June 2021

Spice it up!

Instead of adding the roasted capsicum to your stew, allow it to cool down then blend it with some aioli or mayonnaise and drizzle over the top of your stew.

Per serve: **PROTEIN** 37g **TOTAL FAT** 10g **CARBOHYDRATES** 85g

FROM YOUR BOX

RED CAPSICUM	1
BROWN ONION	1
CARROT	1
CHORIZO	150g
POTATOES	200g
SUN DRIED TOMATOES	1/2 packet *
CANNELLINI BEANS	1 tin
STOCK JAR	1
PARSLEY	1/2 bunch *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt and pepper

KEY UTENSILS

saucepan with lid, oven tray

NOTES

While charring the capsicum in the oven (or on a bbq) does give it lovely flavour, you can skip this step, roughly chopping the capsicum and sautéing it with the other vegetables instead.

No pork option - chorizo is replaced with smoked chicken breast. Smoked chicken requires no cooking, simply chop finely and add 2 tsp smoked paprika to the stew.



1. CHAR THE CAPSICUM

Set oven to 250°C.

Place capsicum on a lined oven tray and roast for 20–25 minutes, until skin begins to turn black (see notes).



2. PREPARE INGREDIENTS

Dice onion and carrot, remove skin from chorizo. Roughly dice potatoes.



3. SAUTÉ VEGETABLES

Heat a large saucepan over medium–high heat with **oil**. Add chorizo and sauté for 1–2 minutes, breaking up with a spoon. Add onions and carrot, cook stirring for 3–4 minutes.



4. SIMMER THE STEW

To the pan, add potatoes, sun-dried tomatoes, cannellini beans (including water), stock and **3 cups water**. Simmer for 15–20 minutes, covered, until potatoes are soft. Season with **salt and pepper**.



5. PREPARE GARNISH

Remove the seeds from the roasted capsicum, roughly chop and stir through stew. Roughly chop the parsley.



6. FINISH AND PLATE

Divide even amounts of stew among bowls, garnish with chopped parsley.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

