



# Cannellini Bean and Chorizo Stew

with parsley and chilli flake garnish

Family Quick Cook 25-30 mins • Optional spice

3



Chorizo



Cannellini Beans



Leek



Courgette



Parsley



Italian Herbs



Tomato Paste



Vegetable Stock



Grated Italian Style Hard Cheese



Dried Chilli Flakes

Pantry Items: Oil, Water, Salt, Pepper, Sugar

## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Sieve

## Ingredients

	2P	4P
Chorizo	100 g	200 g
Cannellini Beans	1 pack	2 packs
Leek	½ unit	1 unit
Courgette	1 unit	2 units
Parsley	5 g	10 g
Italian Herbs	½ sachet	1 sachet
Tomato Paste	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Grated Italian Style Hard Cheese	25 g	50 g
Dried Chilli Flakes	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	438 g	100 g
Energy (kJ/kcal)	1928.8 kJ/ 461 kcal	440.4 kJ/ 105.2 kcal
Fat (g)	18.3 g	4.2 g
Sat. Fat (g)	7.4 g	1.7 g
Carbohydrate (g)	35.6 g	8.1 g
Sugars (g)	8.6 g	2 g
Protein (g)	30 g	6.9 g
Salt (g)	5.1 g	1.2 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

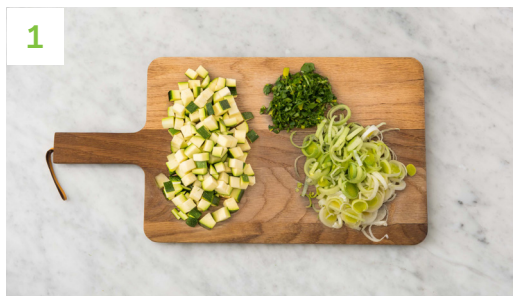
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
Head online or use the app to  
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### 1 Prep the Veg

- Trim the **leek**. Thinly slice **half** (double for 4p).
- Trim the **courgette**, then quarter lengthways. Chop into 1cm chunks.
- Roughly chop the **parsley** (stalks and all).
- Drain and rinse the **cannellini beans**.



### 2 Soften the Leeks

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the sliced **leek** and season with **salt** and **pepper**.
- Cook the **leek** until softened, 4-5 mins, stirring occasionally.
- Add the **chorizo** and fry until browned, 4-5 mins. **IMPORTANT:** Cook the chorizo thoroughly.



### 3 Simmer the Stew

- Add the **courgette**, **cannellini beans** and **half** the dried **Italian herbs** (double for 4p) to the pot. Cook for 1 min, stirring frequently.
- Add **tomato paste**, **stock** and 500ml **water** (double for 4p). Bring to a boil and simmer for 10-12 mins, or until the veg is tender.
- Stir in the dried **chilli flakes** (use less if you don't like spice).
- Season to taste with **salt**, **pepper** and **sugar**.

**TIP:** If you're in a hurry you can boil the water in your kettle.



### 4 Dish it Up

- Dish up spoonfuls of healthy, hearty vegetable, **cannellini bean** and **chorizo** stew.
- Garnish with the chopped **parsley** and grated **cheese**.

## Enjoy!