



Chorizo and Cannellini Bean Stew

with Spanish Inspired Garlic and Tomato Bread

Rapid 20 Minutes • Little Heat • 1 of your 5 a day

13



Bell Pepper



Garlic



Diced Chorizo



Smoked Paprika



Cannellini Beans



Chopped Tomatoes with Onion and Garlic



Chicken Stock Powder



Red Pepper & Chilli Jelly



Flat Leaf Parsley



Baby Plum Tomatoes



Ciabatta

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Foil, Saucepan, Medium Bowl, and Teaspoon.

Ingredients

	2P	3P	4P
Bell Pepper***	1	2	2
Garlic**	1 clove	1 clove	2 cloves
Diced Chorizo**	90g	120g	180g
Smoked Paprika	1 sachet	1 sachet	2 sachets
Cannellini Beans	1 carton	1½ cartons	2 cartons
Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Water for the Stew*	100ml	150ml	200ml
Chicken Stock Powder	1 sachet	2 sachets	2 sachets
Red Pepper & Chilli Jelly	1 pot	1½ pot	2 pots
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Olive Oil for the Tomatoes*	2 tbsp	3 tbsp	4 tbsp
Baby Plum Tomatoes	125g	250g	250g
Ciabatta 11 13	1	1½	2

*Not Included **Store in the Fridge

***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	631g	100g
Energy (kJ/kcal)	2446 / 585	387 / 93
Fat (g)	25	4
Sat. Fat (g)	7	1
Carbohydrate (g)	58	9
Sugars (g)	25	4
Protein (g)	26	4
Salt (g)	5.51	0.87

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

11) Soya **13**) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens! Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between). Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Roast the Peppers

- Preheat your oven to 200°C.
- Halve the **pepper** and discard the core and seeds. Slice into thin strips.
- Pop the **peppers** on a large baking tray, drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat then spread out in a single layer.
- Roast on the top shelf of your oven until soft and charred, 10-12 mins. Turn halfway through cooking.
- Peel the **garlic clove(s)** and pop them into foil with a drizzle of **oil**, then scrunch to enclose. Roast on the baking tray until soft, 10-12 mins.



Make the Salsa

- Meanwhile, roughly chop the **parsley** (stalks and all).
- Pop **half** into a medium bowl.
- Quarter the **baby plum tomatoes**.
- Remove the **garlic** from the foil and mash with the back of a teaspoon into a smooth paste.
- Add the **tomatoes** and **garlic paste** to the **parsley**. Add the **oil** (see ingredients for amount) and season with **salt** and **pepper**.



Start the Stew

- Meanwhile, put a medium-large saucepan over a high heat (no oil!).
- Add the **diced chorizo** and fry, stirring, until starting to brown, 1-2 mins.
- Add the **smoked paprika**, lower the heat and cook stirring for 1-2 mins.



Toast the Ciabatta

- Cut the **ciabatta** in half, pop onto a baking tray and bake in your oven until golden, 3-4 mins.
- Once toasted, spoon on the **garlicky tomato salsa**.



Add the Beans

- Drain and rinse the **cannellini beans** in a colander and add them to the pan.
- Add the **chopped tomatoes, water** (see ingredients for amount) and **chicken stock powder**. Stir together to combine.
- Add the **red pepper & chilli jelly** and stir until melted.
- Simmer until piping hot and slightly reduced, 6-7 mins. **TIP:** Add a splash more water if the stew is looking too thick.



Finish Up

- Taste the **stew** and add **salt** and **pepper** if you feel it needs it.
- Spoon the **stew** into bowls.
- Top with the **roasted peppers** and the remaining **parsley**.
- Serve with the **salsa topped ciabatta**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.