







More Than Food
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Enjoy
within
2 days



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Pork Belly and Chickpea Stew with Spring Greens and Smoked Paprika

These pork belly bacon rashers aren't just good, they're delicious. Our André delights in all things Spanish, so get ready to enjoy the subtle, sweet flavours of smoked paprika, spring greens and chickpea stew.



30 mins



lactose
free



one pot
wonder



Pork Belly Rashers
(1 pack)



Red Onion (1)



Courgette (1)



Garlic Clove (2)



Spring Greens
(1 bag)



Red Wine Vinegar
(1 tbsp)



Smoked Paprika
(1 tbsp)



Tomato Passata
(1 carton)



Chicken Stock Pot
(1)



Organic Chickpeas
(1 tin)



Ciabatta
(1)

Ingredients

2 PEOPLE ALLERGENS

Pork Belly Rashers	1 pack	
Red Onion, sliced	1	
Courgette, chopped	1	
Garlic Clove, grated	2	
Spring Greens, chopped	1 bag	
Red Wine Vinegar	1 tbsp	Sulphites
Smoked Paprika	1 tbsp	
Tomato Passata	1 carton	
Chicken Stock Pot	1	
Organic Chickpeas	1 tin	
Ciabatta	1	Gluten

🥬 Our fruit and veggies are super fresh, so they need a little wash before cooking!

Did you know...

Pork belly is ENORMOUSLY popular in Chinese, Korean and Phillipino cuisines.

Nutrition per serving: Calories: 835 kcal | Protein: 53 g | Carbs: 118 g | Fat: 29 g | Saturated Fat: 7 g

1



1 Cut the **pork belly rashers** into 2cm chunks. Heat a deep sided saucepan on low-medium heat and add 1 tbsp of **oil**. Add the **pork belly** to the pan and cook for 10-15 mins until golden brown.

2



2 While the **pork belly** cooks, prepare the veg. Cut the **red onion** in half through the root, peel and then slice as finely as you can into half moon shapes. Chop the ends off the **courgette** and then cut in half lengthways and then again into four strips. Chop each strip into 2cm chunks.

3 Peel and finely grate the **garlic clove**, remove the root from the **spring greens** and cut the leaves into 2cm wide strips.

4 When the **pork belly** is golden brown, add the **onion** to the pan. Cook for 3 mins until it has softened and then add the **courgette** chunks. Cook for another 3 mins and then stir in the grated **garlic** and the **red wine vinegar**. Cook until the **red wine vinegar** has evaporated and then add the **smoked paprika**.

4



5 Stir in the **passata** and the **chicken stock pot** and then top up with 200ml of **water**. Bring everything to the boil, then reduce the heat to low and cook for 10 mins.

6 While the stew cooks finish off your last few jobs and heat your oven to 180 degrees. Slice your **ciabatta** into 1cm thick strips and mix your leftover **garlic** with a splash of **olive oil**. Place the **ciabatta** slices on a baking tray and drizzle on the **garlicky oil**. Bake the ciabatta slices in the oven for 7 mins and then remove.

6



7 Drain the **chickpeas**, rinse under cold water and then add them to the stew with your chopped **spring greens**. Cook for another 2 mins or until the **spring greens** have wilted.

8 Check the seasoning of your stew and add a good grind of **black pepper** and some **salt** if you feel it needs it.

9 Serve your stew in deep bowls with your **ciabatta** strips on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!