



## Spanish Chorizo & Butter Bean Stew

(Makes 6 servings - can be cooled and stored in the fridge for up to 3 days)

### Ingredients

1 Chorizo sausage, roughly chopped into 1.5cm cubes  
3 Tbsp olive oil  
1 large red onion, washed, peeled and roughly chopped into 1cm cubes  
1 large carrot, peeled and and roughly chopped into 1cm cubes  
2 bay leaves  
4 cloves of garlic, minced

1 tsp chilli flakes (optional)  
 $\frac{1}{2}$  tp Smoked Paprika (Pimenton - see photo below)  
400g butter beans (1 can), drained and rinsed - could replace with cannellini beans  
400g tinned tomatoes (1 can) - pre-chopped or plum  
150ml chicken stock  
4 Tbsp fresh, flat-leaf parsley, roughly chopped  
Salt to taste

### Instructions

Warm 1 Tbsp of the olive oil in a large saucepan over a medium heat for 1 minute. Add the chopped Chorizo sausage for 3-4 minutes, until the edges begin to get crispy but not burnt. Using a slotted spoon, transfer the Chorizo to a plate and allow to cool.

Add the remaining 1 to 2 Tbsp of oil (less if chorizo released 1 Tbsp of oil) to the same saucepan and warm over a low to medium heat for 1 minute. Add the onion, carrot and a large pinch of salt. Stir fry the vegetables, coating them in the lovely oil that has come from the chorizo. Cover the saucepan with a lid and allow to braise for 1 minute. Remove the lid and stir fry the carrot and onion for 1 minute. Add the bay leaves and tuck under the onions and carrots. Cover with the lid again and allow to braise for 3-5 minutes until the carrot has softened and the onions have become translucent.

Stir in the garlic and chilli flakes and fry for 1 minute. Add the smoked paprika and combine well. Add the beans, tinned tomatoes and chicken stock. Stir well to combine and bring to a simmer on a lower heat. Allow to cook for 5 minutes. Add the cooled Chorizo and stir well to combine. Partly cover with the pan lid. Cook for another 5 minutes, stirring occasionally until the sauce has reduced and looks thicker. Taste the stew and add more salt if needed.

Set aside 1 Tbsp of the chopped parsley and stir the remainder into the saucepan. Serve immediately with with a pinch of the remaining chopped parsley sprinkled across the top. The dish can be eaten with crusty bread or a slice of Spanish Tortilla (see our other recipes...).

