



More Than Food
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Spanish Butternut Squash Stew with Chorizo and Lentils

Our menu planner Renee is the glue that holds us all together. There is literally nothing she is unable to turn her hand to! From mending coffee machines to cooking up a storm in the kitchen. When she brought this stew into the office for everyone to try, it was quite clear it just HAD to make an appearance in a HelloFresh box... So here we are! Enjoy!



40 mins



one pot wonder



gluten free



healthy



lactose free



Butternut Squash
($\frac{1}{2}$)



Chorizo (1½ packs)



Red Onion (1)



Garlic Clove (2)



Green Pepper (1)



Smoked Paprika
(1 tsp)



Tomato Purée
(1 tbs)



Organic Chopped
Tomatoes (1 tin)



Chicken Stock
Pot (1)



Flat Leaf
Parsley (2 tbs)



Organic Lentils
(1 tin)

Ingredients

	2 PEOPLE	ALLERGENS
Butternut Squash, chopped	½	
Chorizo	1½ packs	Sulphites
Red Onion, chopped	1	
Garlic Clove, chopped	2	
Green Pepper, sliced	1	
Smoked Paprika	1 tsp	
Tomato Purée	1 tbsp	
Organic Chopped Tomatoes	1 tin	
Chicken Stock Pot	1	
Flat Leaf Parsley, chopped	2 tbsp	
Organic Lentils	1 tin	

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

In Argentina they use the seeds from the butternut squash to feed their livestock. Healthy animals!

Nutrition per serving: Calories: 538 kcal | Protein: 32 g | Carbs: 57 g | Fat: 18 g | Saturated Fat: 6 g

1



1 To dismantle your butternut squash, chop it in half widthways to separate the top from the bulb at the bottom. Put the flat part of each half on the chopping board then slice downwards to remove the skin. Chop the bulb in half widthways and remove the seeds with a spoon. Once the seeds are removed, chop the squash into roughly 1cm cubes.

3



2 Heat a large saucepan on medium-high heat. Once hot, add ½ tbsp of olive oil together with your chorizo to the pan and fry until slightly browned off. Then remove the chorizo from the pan and keep to the side on some kitchen paper.

Tip: Leave as much of the oozed out oil as possible in the pan; this will give your stew the flavour it needs!

4



3 Meanwhile, peel and chop your onion and garlic. Remove the core from the pepper and slice it into ½cm strips.

7



4 Keep your (now empty) saucepan on medium heat and add some oil if needed. Fry your onions and garlic for 3-5 mins, then add your smoked paprika, tomato purée, butternut squash and a few good grinds of pepper. Fry for another 3 mins.

5 Add your chopped tomatoes, stock pot and 300ml of water. **Tip:** If you have some leftover white wine, add ½ glass to the stew at this stage. Once everything has come to the boil, change the heat to medium-low and place a lid on the pan. Let everything bubble away for about 15-20 mins or until your squash is cooked. **Tip:** The squash is cooked when you can easily slip a knife through it. Stir the pan occasionally so the stew doesn't stick to the bottom of the pan. **Tip:** If the stew becomes too dry, add another splash of water.

6 After about 10 mins, add your pepper and chorizo. In the meantime, roughly chop your flat leaf parsley.

7 Drain the lentils and add them together with half the parsley for the last 3 mins of your cooking time. **Tip:** The lentils only need to warm through as they're already cooked.

8 Serve in bowls, sprinkle on the remaining parsley and enjoy!