



Chorizo, kale and bean stew

SERVES 4

Ingredients

- 250g chorizo sausage, cut into chunks
- drizzle of olive oil
- 120ml white wine
- 400g can of chopped plum tomatoes
- Half tsp smoked paprika (optional)
- 200ml vegetable stock
- 150g curly kale, tough stalks removed and leaves shredded
- 2 x 410g cans beans drained, I use borlotti and cannellini

METHOD

Heat the oil in a frying pan and cook the chorizo until it starts to crisp. Add the wine and tomatoes and simmer for 3/4 mins. Depending on your taste and strength of the chorizo, you can add smoked paprika, too.

In a large saucepan, bring the stock to the boil, add the kale and cook uncovered for 2 mins. Add the beans and the chorizo mixture, season and stir well.

Cook for 10 mins or until the kale is cooked but not completely soggy.

Serve with lots of crust bread for dipping.



PUNCH ME KEEP ME

