

Fast Food Family Journey blog
Recipe 'Mums & Dads evening meal inspiration'
Mary Smith

Pork, chorizo & butter bean stew

The lovely smoky, tangy flavor in this dish from the paprika and lemon compliments the simplicity of the potatoes and butter beans. You could use pork sausages instead of the pork chops/fillet. The paprika and sherry are easy to get hold of in supermarkets, if you don't already have it in your store cupboard. You will use them up as they are an easy way of giving any dish an authentic Spanish flavor.

Total prep & cooking time 20 minutes

Quantity 4 portions (eat 2 and freeze 2)

Tools Non-stick pan with lid, zester or grater (e.g. fine Microplane), garlic crusher

2 large potatoes, peeled & small dice } *Boil for 7 mins whilst continuing below*

1 red onion, finely chopped }
2 garlic cloves, crushed } *Fry in a little oil on a medium/high heat for 3 mins.*
1 tsp smoked paprika }
120g chorizo, small dice }
300g pork (fillet/chop), chunks }

75ml Spanish sherry* } *Add to pan and simmer rapidly for 1 min.*
½ lemon, juice & zest }

1 x 400g tin butter beans }
1 x 400g tin tomatoes } *Add to pan along with the drained potatoes.*
250ml boiling water } *Boil for 5 mins.*
1 x small tin sweetcorn }
Approx 15 green olives (optional) }

Storage: Airtight container in fridge for 2 days. Freezes well.

*E.g. Manzanilla or Amontillado (find it with normal sherry).

Free from wheat & dairy.