

Potato & Chorizo Stew

This is a cheap and cheerful dinner but in no way lacking in flavour and one that screams out for some bread for dipping into the juices.

This is the kind of food my dad was brought up on in Spain and the kind of stuff he would make for us growing up.



Serves: 2

Prep Time: 10 minutes

Rest/Marinate Time: 0

Cooking Time: 30 minutes

Ingredients

- 2 white onions, roughly chopped.
- 2 carrots, roughly chopped.
- 6 potatoes, peeled and cut into bite-size pieces.
- 150 g of chorizo, cut into bite-size pieces.
- 3 garlic cloves, roughly chopped.
- 1 green pepper, roughly chopped.
- 1 tbsp of smoked paprika.
- 700 ml of chicken stock.
- 1 handful of fresh parsley, roughly chopped.
- Chilli flakes, to taste (optional).

Method

- Pop the onions, garlic, carrots and peppers in a large casserole dish along with a good drizzle of extra-virgin olive oil and a pinch of salt. Fry over a medium-low heat for 10 minutes.
- Next add the chorizo, potatoes and smoked paprika, give it a good stir and leave for another couple of minutes. If you are using the chilli flakes add now.
- Now pour in the stock, you want enough to just cover everything. Bring up to a boil then simmer for 20-25 minutes or till the potatoes and carrots are tender. Once done sprinkle with the fresh parsley and serve with bread and I like to use a fork to mash up the potatoes.