Spiced Chorizo and Lentil Stew

This spicy chorizo and lentil stew has bags of flavour and is packed full of protein. Serve it with some crusty bread to mop up all the delicious juices.

Ingredients:

200g dried lentils
750ml chicken stock
350g chorizo sausage, casings removed
5 sticks of celery
2 garlic cloves
1 tbsp. olive oil
1 tsp. each dried ground turmeric, curry powder, cumin
Salt and pepper to taste

Directions:

1. Finely dice the celery. Finely slice the chorizo and the garlic cloves.

2. Heat the oil in a frying pan. Add the chorizo. When it starts to brown and release oils, add the celery and garlic and cook until softened, around 5-7 minutes. Drain excess fat from the chorizo.

3. Add the lentils and chicken sauce. Bring to the boil, reduce to a simmer and season with turmeric, curry powder, cumin, salt and pepper to taste. Cook for 40 minutes or more, until the lentils are tender.

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