

# ★ CHICKPEA AND ★ CHORIZO STEW

This satisfying and easy recipe is warming and delicious!

## ★ METHOD

1. Fry the diced pancetta, chorizo and red onion together until they are all beginning to brown.
2. Add the fritada and water, stir well and bring to a gentle simmer.
3. Now add the crushed garlic, pepper, 1½ tbsp of oregano and the El Navarrico chickpeas in their brine and stir again, bringing back to a gentle simmer.
4. Continue to simmer for 5-10 minutes, then serve, scattering the final ½ tbsp of fresh oregano over each plate..

## ★ INGREDIENTS

- 200g diced panceta adobada (coated with paprika)
- 1 x diced Alejandro "barbacoa" chorizo
- 1 medium red onion, chopped
- 1 x 315g jar Brindisa fritada (tomato and red pepper sauce)
- 1 x jar of water (we just use a fritada jar to measure)
- 3 large cloves garlic, crushed
- 2 tbsp chopped oregano (ideally fresh)
- Black pepper to taste
- 2 jars cooked El Navarrico chickpeas – undrained as you will use the brine
- No salt is necessary as the chickpea brine and chorizo should provide enough

*Watson & Pratt's*