

# Starling Artisan Foods Tomato & Chorizo Tapas

## Ingredients

Product	Quantity
Najma Spanish Turkey Chorizo Stick 230g	230.00 g
Mr Organic Italian Organic Cherry Tomatoes 400g	200.00 g
Chorizo, Bell Pepper & Tomato 100g	60.00 g
Chives 30g	15.00 g

Serves: 6

## Allergy Information

Key: **Contains** **May Contain**



## Dietary Information

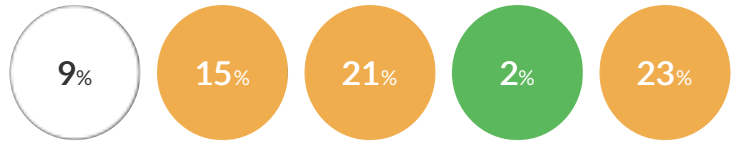
Key: **Suitable for**



## Reference Intake

Each serving contains:

Energy	Fat	Saturates	Sugars	Salt
731.35kJ 174.56kcal	10.49g	4.18g	1.88g	1.36g



of your daily reference intake.

## Nutritional Summary

Energy	731.35kJ 174.56kCal
Protein	11.33g
Carbohydrates	8.38g
of which sugars	1.88g
Non Milk Extrinsic Sugars	0g
Fat	10.49g
of which saturates	4.18g
Fibre	1.36g
Salt	1.36g
Sodium	0g
Iron	0mg
Calcium	0mg
Zinc	0mg
Folate	0µg
Vitamin A	0µg
Vitamin C	0mg

## Method & Recipe Notes

1. Cut the chorizo into rings about 1cm thick. Place them into a hot thick based pan & cook slowly allow them to crisp whilst they release the lovely, smoky oil. 2. When the chorizo is cooked add the tomatoes and allow the skins to start to blister and rip. This will soften them but will keep the shape. 3. Add the pieces of Chorizo, Bell Pepper & Tomato biscotti and chopped chives in to the pan and mix all together so the flavoursome oil is absorbed by the biscotti. 4. Serve whilst warm.

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