



Chorizo, orzo and sweetcorn summer stew

Serves 2

- 1 tsp olive oil
- 1 onion
- 1 red pepper, cut into small cubes
- 50g chorizo, cut into small cubes
- 1 garlic clove, crushed
- 75g orzo
- ½ tsp smoked paprika
- 200g can sweetcorn, drained
- 1 large tomato, chopped
- 350ml chicken or vegetable stock
- 1tsp parsley or another herb of your choice
- 1tbsp lemon juice

1. Heat the oil in a deep frying pan and fry the onion, pepper and chorizo for about minutes, until the peppers are soft and the chorizo is just golden.
2. Stir in the garlic, orzo, paprika, sweetcorn and tomato, and fry for 2-3 mins more.
3. Pour in the stock. Bring to a simmer and cook for 8-10 mins, stirring often, until the orzo is tender. Stir in the parsley and the lemon juice.