



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

CHORIZO & APPLES

Time: 15 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
8 ounces dry or semi-dry chorizo – sliced
½ cup cider vinegar
2 bay leaves
4 red apples – cored and cut into ½” wedges

Preparation:

Place a frying pan over medium high heat and add the olive oil.

When the oil is hot, place the chorizo slices in the pan in a single layer. Cook for two minutes, then turn the slices and cook for an additional two minutes.

Add the cider vinegar and bay leaves to the pan. Reduce heat and simmer for two minutes.

Place the apples in the pan, tossing gently to coat with the pan juices. Stir occasionally for two minutes.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 381
Fat: 26g
Carbs: 26g
Fibre: 4g
Protein: 14g