

## CHORIZO & APPLES 2.0

**Time: 20 minutes**

**Serves: 2**

### **Ingredients:**

250g Spanish-style chorizo - sliced  
2 large red apples - peeled, cored, and cut into wedges  
1 pinch Spanish paprika  
1 pinch dried thyme

### **Preparation:**

Place a frying pan on medium heat.

When the pan is hot, add the chorizo. Cook, stirring occasionally until browned.

Remove chorizo with a slotted spoon and set aside.

Add the apple, paprika, and thyme, stirring occasionally until slightly tender.

Add the chorizo back to the pan, stirring occasionally to warm.

Remove from heat and serve immediately.

### **Nutritional Information Per Serving:**

Calories: 374	<b>Hand-Size Portion Guide</b>
Fat: 13g	Palms of Protein: 1
Carbs: 33g	Fists of Vegetables: 0
Fibre: 4g	Cupped Hands of Carbs: 1
Protein: 30g	Thumbs of fat: 0