

Chickpea, Chorizo & Halloumi Stew

Snow down your pants from one too many snowball fights? Throw this spicy stew together and warm up quickly with this gorgeous and easy stew. Chorizo, halloumi and chickpeas go so well together (try them in a spinachy salad); you can add sprouting chickpeas right at the end as below; or add a tin of chickpeas a few minutes earlier. The tasty chorizo provides all the seasoning you need. We now stock free range chorizo and snack packs from our friends at The Bath Pig in the farm shop; try the spicy one for extra bite!

Serves 4

- 1 medium swede/sweet potato
- glug olive oil
- 1 large onion
- 1 pack chorizo
- 2 cloves garlic
- 1 pack halloumi
- 2 tins chopped tomatoes
- 1 sweet pepper
- 1 pack chickpea sprouts



Heat the oil in a large pan or wok, and sauté the peeled and cubed swede or sweet potato until starting to soften. Add the peeled and sliced onions, deseeded and sliced pepper, and sliced chorizo. Fry briskly until turning golden on all sides. Meanwhile grill the sliced halloumi until coloured on both sides (or fry if you're feeling naughty). Peel and crush the garlic and add to the chorizo. Add the tins of tomatoes, pull apart the halloumi into pieces and add to the pan, and add the chickpeas. Mix together gently, and cook over a medium heat for five minutes, until everything is tender. Serve over mashed potato, jacket spuds, polenta or with fresh crusty bread and a handful of chopped spinach.



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Farm Shop News

We often get requests for more information about the products we sell in the Farm Shop. So we have decided to use the back of our recipe cards to print occasional bulletins, along with special discounts for the products we are promoting. Many of our customers know more than we do about particular tried and trusted eco products, or foods that are especially good for us. So we will also be asking you for your top tips to share along the way!

This week we love... Bio D Bath & Shower Spray

Bio D is a family-owned company based in Kingston-Upon-Hull, with a range of eco cleaning/laundry products. They use plant-derived ingredients without petrochemicals, phosphates, preservatives or enzymes; and products are hypoallergenic, not tested on animals and biodegradable. They also use recycled/recyclable packaging.

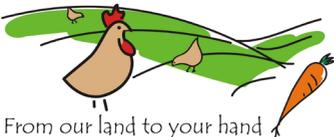


Kate Robinson's top tip: "To keep shower doors and taps clear of limescale, spray with Bio D 10 minutes before getting in the shower and leave it to do its work. Then simply rinse off with the shower spray while showering! You can polish with a soft cloth afterwards, but I don't bother – the action of the acidic spray is enough to prevent the limescale building up. This also works with diluted Libby Chan or white vinegar, which we also sell."

We've taken **10% off** Bio D Bath & Shower Spray (now £2.45; usual price £2.72) until Sunday 10th February, so pop into the shop and try it out, or ask us to include some in your next box delivery.

Do you have any top tips for Spring cleaning? Please email Kate Robinson at kate@churchpath.plus.com and we'll try and print them in a future issue.

Purton
Farm Shop



Open Tuesday-Friday 9.30am-5.30pm
Saturday 9.30am-4pm
Sunday 11am-4pm

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