



ROYAL
VOLUNTARY
SERVICE

SAUSAGE, CHORIZO AND ORZO ONE POT STEW

by Dominic Franks, @dominthekitchen

Ingredients

- 2 banana shallots – peeled and halved
- Fennel – chopped
- Button mushrooms – halved
- Carrots – chopped
- Green beans – chopped
- 6 sausages – chopped
- 2 chorizo – chopped
- Olive oil
- Fresh oregano and rosemary
- 1 pint veg stock
- 1/2 glass white wine
- 1 small bag fresh spinach
- 100g orzo pasta

Equipment

- Roasting dish
- Knife
- Chipping board

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Method

1. Pre-heat your oven to 180C / 356F
2. Throw all the veg into your dish followed by the sausages and chorizo. Dom likes to keep the sauces and chorizo in big chunks.
3. Place some fresh herbs on top and sprinkle with salt and pepper, then drizzle the oil generously all over.
4. Place in the oven for 20 mins.
5. After this time pour over the stock and white wine and stir in the pasta and fresh spinach. Pop it back in the oven for another 25 mins or until the orzo is cooked and the sausage are nicely brown.

OUR THANKS TO DOMINIC FRANKS FOR THIS RECIPE.

Eat Well Week is part of the Royal Voluntary Service Stay Safe, Warm and Well campaign, sponsored by long-term partner Yakult, which offers people wellbeing advice and support over winter.

Happy Plates are tasty, nutritious dishes packed with ingredients identified by a Yakult nutritionist to boost mood. We call these recipes Happy Plates because that's how we hope they'll make you feel!

For more information on mood boosting foods, visit yakult.info/41ufqRo

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