

Less than 30 minutes

Serves 4

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Ingredients:

- 1 onion, sliced
- ½ link (about 100g) chorizo, sliced
- Olive oil
- 2 cans (400g each) PnP mixed beans, drained and rinsed
- 1 sachet (50g) tomato paste
- Pinch sugar
- Pinch chilli flakes (optional)
- Handful parsley, chopped
- 2/3 cup (160ml) water

For serving

- 4 crusty rolls, halved
- Grated parmesan (optional)
- 1 packet (20g) wild rocket

Method

COOK'S NOTE

Save and swap chorizo for any sausage you like and add some paprika and cumin to get the flavours of the chorizo in your dish

1. Sauté onion and chorizo in a glug of oil for 5 minutes.
2. Add remaining ingredients and simmer for 15 minutes, or until most of the liquid has evaporated.
3. Spoon onto rolls, top with parmesan and rocket, and serve.