



## Sauté of langoustines, chorizo and beans

400g slicing chorizo in one piece  
3 tbsp good olive oil  
12 langoustines  
400g frozen broad beans, defrosted  
and skinned  
juice of 2 lemons  
3 tbsp finely chopped parsley  
12 slices French bread

Serves 6

Preheat the oven to 200°C

When warm, bake the slices of bread until crisp to form crostini.

Cut the chorizo into sticks about 5cm long and 1cm thick. Heat the oil in a large frying pan and gently sauté on all sides until lightly browned. Remove and drain; pour the oil away

Add the langoustine tails to the glistening pan and fry on a high heat for a couple of minutes, until opaque.

Return the chorizo to the pan with the beans, lemon juice, parsley and season. Swiftly heat through, remembering that too much heat will rubberise the langoustines.

Put the crostini around a small serving platter and pile the sauté over them.

Eat quickly.

