SHOPPING LIST

Peanut and Sweet Potato Stew

Serves 4

- [ ] 2 tbsp oil
- [ ] 1 onion, chopped
- [ ] 3 cloves garlic, chopped
- [ ] 1 tbsp fresh ginger, grated
- [ ] 1 red chilli, chopped (or to taste)
- [ ] 2 sweet potatoes, peeled and cubed
- [ ] 1 tin (400 g) chopped tomatoes
- [ ] 4 tbsp smooth peanut butter
- [ ] 600 ml vegetable stock
- [ ] 200 g kale or spinach, roughly chopped
- [ ] Juice of 1 lime
- [ ] Salt
- [ ] Cooked rice, to serve
- [ ] Chopped roasted peanuts and coriander, to finish

Tick off what you already have at home.