HEARTY & GROUNDING

Peanut and Sweet Potato Stew

PREP	COOK	SERVES
15 min	35 min	4

Vegan Vegetarian

A thick West African-style groundnut stew of sweet potato, tomatoes, greens and peanut butter, served over rice.

Ingredients

- 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

Method

1. Soften the onion in the oil for 5 minutes. Add the garlic, ginger and chilli and cook for a minute.
2. Add the sweet potato and tomatoes, then stir the peanut butter into the stock until smooth and pour it in.
3. Simmer for 20 to 25 minutes until the sweet potato is tender and the sauce is thick.

4. Stir in the greens and cook for 3 minutes until wilted. Add the lime juice and salt to taste.
5. Serve over rice, topped with peanuts and coriander.

Cook's tip

Use natural peanut butter without added sugar. Stir it into a little of the hot stock first so it dissolves without lumps.