



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### Product Spotlight: Ginger


Ginger has a number of health benefits under its belt! It is considered both anti-inflammatory and immune boosting. Slice any leftover ginger and add to hot water for a nice herbal tea.



## H4 **Gingery Sweet Potato Stew** with Onion Bhajis

Warm and comforting veggie stew with zingy ginger and creamy coconut milk served with onion bhajis and slices of fresh green chilli.

 30 minutes

 4 servings

 Vegetarian

22 April 2022

## Bulk it up!

*If you are looking to bulk up this meal, add some leftover vegetables, such as capsicum, tomato, or broccoli to the stew. You could also add some tinned beans or chickpeas.*

Per serve: **PROTEIN** 8g **TOTAL FAT** 21g **CARBOHYDRATES** 53g

## FROM YOUR BOX

GINGER	1 piece
BROWN ONIONS	2
SWEET POTATO	700g
ZUCCHINI	1
TINNED COCONUT MILK	400ml
ONION BHAJI MIX	1 packet
GREEN CHILLI	1

## FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, rice wine vinegar

## KEY UTENSILS

frypan, large saucepan

## NOTES

We used coconut oil for added flavour. If you want more aromatics try swapping curry powder for garam masala, or add crushed garlic cloves, thinly sliced lemongrass, kaffir lime leaves or frypan curry leaves.

This will make 8 onion bhajis.



### 1. SAUTÉ THE AROMATICS

Heat a large saucepan over medium-high heat with **oil** (see notes). Peel and grate ginger and roughly dice 1 onion. Add to pan as you go. Cook, stirring, for 2 minutes. Add **2 tbsp curry powder** (add less for a milder flavour), stir to combine.



### 2. SIMMER THE STEW

Dice sweet potato and slice zucchini. Add to pan. Pour in coconut milk along with **1 1/2 tins water**. Season with **1 tbsp vinegar, salt and pepper**. Simmer, covered, for 15 minutes until vegetables are tender.



### 3. PREPARE ONION BHAJIS

Pour onion bhaji mix into a large bowl along with **3/4 cup water**. Whisk to combine. Thinly slice remaining onion and add to bowl. Mix to combine.



### 4. COOK THE ONION BHAJIS

Heat a large frypan over medium-high heat with **oil**. Add 1/4 cupfuls of onion bhaji mix (this will make 8) to pan and cook for 2-3 minutes each side or until golden. Remove to a plate with paper towel.



### 5. FINISH AND SERVE

Thinly slice green chilli.

Divide stew among bowls. Serve with bhajis and garnish with green chilli.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

