



Product Spotlight: Ginger

Ginger has long been valued in cooking and traditional remedies. Slice any leftover ginger and add it to hot water for a fresh herbal tea.



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.



35 minutes



4/6 servings



Plant-Based

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.

Per serve	PROTEIN	TOTAL FAT	CARBOHYDRATES
4/6 Person:	14g/17g	37g/28g	80g/94g

FROM YOUR BOX

	4 PERSON	6 PERSON
GINGER	1 piece	1 piece
BROWN ONIONS	2	3
BENGAL CURRY PASTE	1 sachet	2 sachets
SWEET POTATO	800g	1.2kg
ZUCCHINI	1	1
CURRY LEAVES	2 fronds	3 fronds
TINNED COCONUT MILK	400ml	2 x 400ml
TINNED CHICKPEAS	400g	400g
ONION BHAJI MIX	1 packet	2 packets
LIME	1	1
GREEN CHILLI	1	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground turmeric

KEY UTENSILS

frypan, large pan with lid

NOTES

This will make 8 onion bhajis for the 4 person meal and 16 for the 6 person meal.



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1. SAUTÉ THE AROMATICS

Heat a large pan over medium-high heat with **oil**. Peel and grate **ginger** and roughly dice **1 onion**. Add to pan as you go. Cook, stirring, for 2 minutes. Add **curry paste** and **2 tsp turmeric**, stir 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** (see notes) to pan and cook for 2-3 minutes each side or until golden. Remove to a plate and drain on paper towel.



2. SIMMER THE STEW

Dice **sweet potato** and slice **zucchini**. Add to pan with **curry leaves**. Pour in **coconut milk** along with **1 1/2 tin water**. Drain and add **chickpeas**. Season with **salt and pepper**. Simmer, covered, for 15 minutes until **vegetables** are tender.

6P – use 2 x coconut milk + 1 tin water.



5. FINISH AND SERVE

Season **stew** with **lime zest and juice, salt and pepper**. Serve in bowls with **bhajis** and garnish with sliced **green chilli**.



3. PREPARE THE ONION BHAJIS

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

6P – use 1 packets onion bhaji mix, 1 1/2 cups water and 2 onions.

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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

