



Product Spotlight: Peanuts

Peanuts are a great source of protein. They also contain other healthy nutrients, minerals, antioxidants, and vitamins. The amino acids in the protein are good for growth and development.



African Peanut Stew with Sweet Potato

A creamy sweet potato stew with tomatoes and silverbeet simmered with ginger, coconut and peanut butter for a delicious and rich flavour, finished with fresh coriander and roasted peanuts.



30 minutes



2 servings



Plant-Based

Make extra!

You can add more to the stew and freeze any extra serves for another day! Add chickpeas, zucchini or capsicum and stretch out the sauce with some stock or more coconut milk and spice.

Per serve: **PROTEIN** 17g **TOTAL FAT** 28g **CARBOHYDRATES** 55g

FROM YOUR BOX

BROWN RICE/LENTIL MIX	150g
SWEET POTATO	400g
TOMATO	1
GINGER	1 piece
PEANUT BUTTER	20g
TOMATO PASTE	1 sachet
COCONUT MILK	400ml
ROASTED PEANUTS	60g
CORIANDER	1 packet
SILVERBEET	1 bunch
LIME	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, ground cumin, ground coriander, cayenne (optional)

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Coconut oil works well for this dish.



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1. COOK THE RICE & LENTILS

Add **rice and lentil mix** to a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes until tender and cooked through.



4. PREPARE THE TOPPINGS

Chop **peanuts** and **coriander**. Set aside.



2. SAUTÉ THE VEGETABLES

Heat a large frypan over medium heat with **oil** (see notes). Dice **sweet potato** (1–2cm), wedge **tomato**, and grate **ginger**. Add to pan as you go along with **1 1/2 tbsp cumin**, **1 tsp ground coriander** and **1/4 tsp cayenne (optional)**. Cook for 2–3 minutes until softened.



5. ADD THE SILVERBEET

Rinse and slice **silverbeet leaves** (use to taste). Stir through **stew** until wilted. Season with **juice from 1/2 lime**, **salt** and **pepper** to taste.



3. SIMMER THE STEW

Stir in **peanut butter**, **tomato paste** and **coconut milk** until well combined. Increase heat to medium-high. Cover and cook for 15 minutes or until **sweet potato** is cooked.



6. FINISH AND SERVE

Serve **stew** with **rice** and **lentils**. Garnish with chopped **peanuts** and **coriander**. Serve with **remaining lime cut into wedges**.

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