



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.



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



2 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
	18g	51g	78g

FROM YOUR BOX

GINGER	1 piece
BROWN ONIONS	2
CURRY PASTE	1 sachet
SWEET POTATO	400g
ZUCCHINI	1
CURRY LEAVES	1 frond
TINNED COCONUT MILK	400ml
ONION BHAJI MIX	1 packet
LIME	1
GREEN CHILLI	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.



1. SAUTÉ THE AROMATICS

Heat a large saucepan 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 **1 tsp turmeric**, stir to combine.



2. SIMMER THE STEW

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



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.



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.



5. FINISH AND SERVE

Zest lime and add to stew with juice (to taste). Adjust seasoning with **salt and pepper** if needed. Thinly slice green chilli.

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



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