

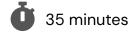


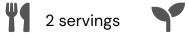


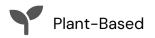
## **Gingery Sweet Potato Stew**

### 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.







# 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.

TOTAL FAT CARBOHYDRATES

18g

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 <u>1 onion</u>. Add to pan as you go. Cook, stirring, for <u>2</u> 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.

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



