



**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 4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	15g/17g	23g/32g	53g/62g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE/LENTIL MIX	300g	300g + 150g
SWEET POTATOES	800g	1.2kg
TOMATOES	2	3
GINGER	1 piece	1 piece
PEANUT BUTTER	2 x 20g	4 x 20g
TOMATO PASTE	1 sachet	2 sachets
COCONUT MILK	400ml	2 x 400ml
ROASTED PEANUTS	60g	2 x 60g
CORIANDER	1 packet	2 packets
SILVERBEET	1 bunch	1 bunch
LIME	1	2

FROM YOUR PANTRY

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

KEY UTENSILS

large frypan with lid, saucepan

NOTES

Coconut oil works well for this dish.



Scan the QR code to submit a Google review!



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 pan over medium heat with **oil**. Dice **sweet potatoes**, wedge **tomatoes** and grate **ginger**. Add to pan with **2 tbsp cumin, 1/2 tbsp coriander and 1/4 tsp cayenne**. Cook for 2–3 minutes.

6P – use **2 1/2 tbsp cumin, 1 tbsp coriander and 1/2 tsp cayenne**.



5. ADD THE SILVERBEET

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

6P – season with **juice from 1 lime, salt and pepper to taste**.



3. SIMMER THE STEW

Stir in **peanut butter, tomato paste, 1 cup water** and **coconut milk** until well combined. Increase heat to medium-high. Cover and cook for 15 minutes or until **sweet potato** is cooked.

6P – omit **water**.



6. FINISH AND SERVE

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

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

