



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



4 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**
g g g

FROM YOUR BOX

GINGER	1 piece
BROWN ONIONS	2
CURRY PASTE	1 sachet
SWEET POTATO	800g
ZUCCHINI	1
CURRY LEAVES	2 fronds
TINNED COCONUT MILK	400ml
TINNED CHICKPEAS	400g
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.



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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.



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.



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**

