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.
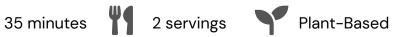
2 West African Peanut Curry
with Tofu

This curry is inspired by the West African peanut stew with sweet potato simmered in comforting flavours of tomato and peanuts, served over brown rice.

Spice it up!

This curry is often served with chopped roasted peanuts on top and with a little heat from chilli flakes or fresh chilli which you can add if it's to your taste! Squeeze in some lime juice at the end to really give the dish a lift in flavour!

⏱ 35 minutes 🍴 2 servings 🌱 Plant-Based

22 June 2020

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	38g	79g	114g

FROM YOUR BOX

BROWN RICE	150g
BROWN ONION	1/2 *
GINGER	40g
SWEET POTATO	1
ZUCCHINI	1/2 *
CHERRY TOMATOES	1/2 bag (100g) *
PEANUT BUTTER	2 slugs
LITE FRIED TOFU	1 packet
COCONUT MILK	400ml
CORIANDER	1/2 packet *

Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, salt and pepper, ground cumin, tomato paste

KEY UTENSILS

large frypan with lid, saucepan

NOTES

If you prefer a bit more texture in your zucchini, add it towards the end of the simmer time instead of at the beginning.

1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse.

2. SAUTÉ THE AROMATICS

Chop onion, peel and grate ginger to yield 1/2 tbsp. Add to a frypan over medium heat with **oil**. Cook for 5 minutes until softened. Stir through **1 tbsp cumin** (add more oil if needed).

3. ADD THE VEGETABLES

Dice sweet potato and zucchini (see notes). Add to pan as you go along with tomatoes. Stir in **1 tbsp tomato paste** and peanut butter.

4. ADD TOFU & SIMMER

Slice and add tofu. Pour in coconut milk. Increase heat to medium-high. Cover and simmer for 15 minutes or until sweet potato is cooked. Season with **salt and pepper** to taste.

5. FINISH & PLATE

Divide rice and curry among bowls. Garnish with chopped coriander.

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**