



Sweet Potato and Garam Masala Stew

with kidney beans and coconut milk

Veggie 35 – 40 mins

7



Sweet Potato



Red Kidney Beans



Scallion



Garlic



Lemon



Garam Masala



Chopped Tomato with Onion & Garlic



Coconut Milk



Vegetable Stock



Bell Pepper

Pantry Items: Salt, Pepper, Oil, Water, Sugar



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, grater, pan with lid, sieve, zester

Ingredients

	2P	4P
Sweet Potato	2 units	4 units
Red Kidney Beans	1 pack	2 packs
Scallion	2 units	4 units
Garlic	1 unit	2 units
Lemon	1 unit	2 units
Garam Masala	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Coconut Milk	1 pack	2 packs
Vegetable Stock	1 sachet	2 sachets
Bell Pepper	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	895 g	100 g
Energy (kJ/kcal)	2957 kJ/ 707 kcal	330 kJ/ 79 kcal
Fat (g)	20.2 g	2.3 g
Sat. Fat (g)	15 g	1.7 g
Carbohydrate (g)	105.9 g	11.8 g
Sugars (g)	30.1 g	3.4 g
Protein (g)	23.1 g	2.6 g
Salt (g)	3.7 g	0.4 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

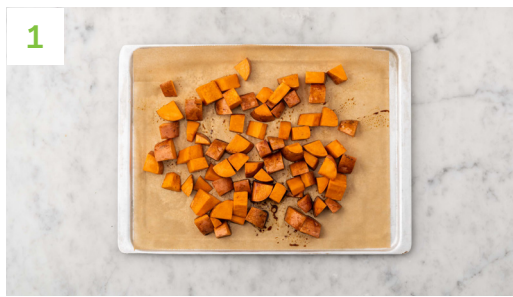
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Roast the Sweet Potato

- Preheat the oven to 240°C/220°C fan/gas mark 9.
- Chop the **sweet potato** into 2cm chunks (peeling optional). Place onto a large (lined) baking tray.
- Drizzle with **oil**. Season with **salt** and **pepper** and then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 20-30 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Simmer the Stew

- Add the **chopped tomatoes, kidney beans, 100ml water** (double for 4p), **stock** and the **coconut milk**.
- Stir until everything is well combined.
- Bring the stew to the boil.
- Cover and simmer for 8-10 mins.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Trim and thinly slice the **scallion**, keeping the white and green parts separate.
- Peel and grate the **garlic** (or use a garlic press). Zest and quarter the **lemon**.
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.
- Drain and rinse the **kidney beans** in a sieve.
- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.



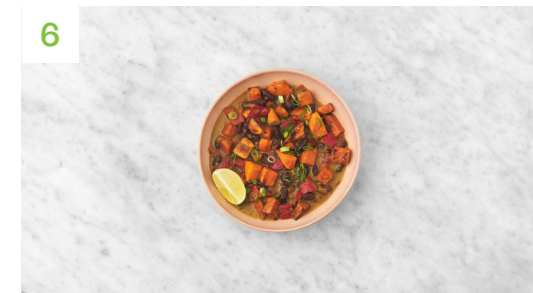
Finishing Touches

- Remove the pan from the heat.
- Stir in the roasted **sweet potato**.
- Add the **lemon** zest and a squeeze of **lemon** juice.
- Taste and season with **salt, pepper, sugar** and more **lemon** juice if desired.



Fry Your Veg

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, add the white of the **scallion** and **pepper**.
- Season with **salt** and **pepper** and fry until soft and sweet, stirring occasionally, 4-5 mins.
- Add the **garlic** and **garam masala** and fry until fragrant, 30 secs.



Garnish and Serve

- Spoon the **sweet potato** stew into bowls.
- Serve any remaining **lemon** wedges alongside.
- Finish with a sprinkling of green **scallion**.

Enjoy!