



Spiced Sweet Potato Stew

with kidney beans and coconut milk

Veggie 40-45 mins

9



Sweet Potato



Red Kidney Beans



Dried Thyme



Scallion



Garlic



Lime



Garam Masala



Chopped Tomatoes



Coconut Milk



Vegetable Stock



Bell Pepper

Pantry Items: Salt, Pepper, Oil, Water

Before you start

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

Cooking tools you will need

Zester, Grater, Baking Sheet with Baking Paper, Lid, Pot, Sieve

Ingredients

	2P	4P
Sweet Potato	300 g	600 g
Red Kidney Beans	1 pack	2 packs
Dried Thyme	1 sachet	2 sachets
Scallion	1 unit	2 units
Garlic	1 unit	2 units
Lime	1 unit	2 units
Garam Masala	1 sachet	2 sachets
Chopped Tomatoes	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	775 g	100 g
Energy (kJ/kcal)	2436.2 kJ/ 582.3 kcal	314.3 kJ/ 75.1 kcal
Fat (g)	19.4 g	2.5 g
Sat. Fat (g)	14.9 g	1.9 g
Carbohydrate (g)	78 g	10.1 g
Sugars (g)	22.6 g	2.9 g
Protein (g)	20.1 g	2.6 g
Salt (g)	2.5 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.

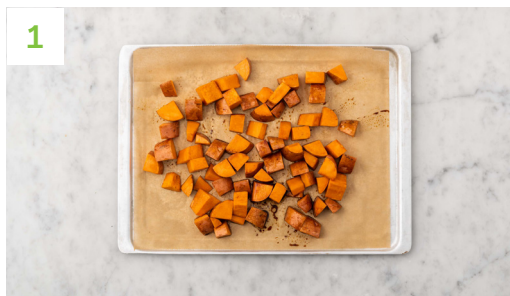
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

Thumbs up or thumbs down?
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Roast the Sweet Potato

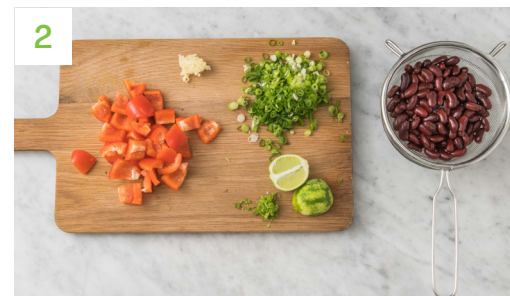
- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Chop the **sweet potatoes** into 2cm chunks (peeling optional). Place onto a large (lined) baking tray.
- Drizzle with **oil** and **half** the **thyme**. Season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



Simmer the Stew

- Bring the stew to the boil.
- Allow to simmer covered on low heat for 12-15 mins.
- Add the **kidney beans** when there are 5 mins left to cook.
- Season to taste with **salt** and **pepper**.



Get Prepped

- Trim and thinly slice the **scallion**.
- Peel and grate the **garlic** (or use a garlic press).
- Halve the **bell pepper** and discard the core and seeds. Chop into 1cm chunks.
- Zest the **lime** then halve and juice it.
- Drain and rinse the **kidney beans** in a sieve.



Finishing Touches

- Remove the pot from the heat.
- Stir in the roasted **sweet potato**.
- Add **half** of the **lime** juice.



Fry Your Veg

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, add the **scallion** (keeping a little aside for garnish).
- Season with **salt** and **pepper** and fry until soft and sweet, 1-2 mins, stirring occasionally.
- Add the **pepper** and fry for 4-5 mins. Add the **garlic**, **garam masala** and remaining **thyme**.
- Fry for 30 secs and then add the **chopped tomatoes**, 100ml **water** (double for 4p), **vegetable stock** and the **coconut milk**. Stir well.



Garnish and Serve

- Spoon the stew into bowls.
- Garnish with **lime** zest and **lime** juice to taste.
- Finish with a sprinkling of **scallion**.

Enjoy!