



Sweet Potato and Garam Masala Stew

with kidney beans and coconut milk

Veggie Calorie Smart 40-45 mins

10



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

Cooking tools you will need

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

Ingredients

	2P	4P
Sweet Potato	1 unit	2 units
Red Kidney Beans	1 pack	2 packs
Dried Thyme	1 sachet	2 sachets
Scallion	2 units	4 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	765 g	100 g
Energy (kJ/kcal)	2410 kJ/ 576 kcal	315 kJ/ 75.3 kcal
Fat (g)	19.5 g	2.5 g
Sat. Fat (g)	15 g	2 g
Carbohydrate (g)	77.3 g	10.1 g
Sugars (g)	22.6 g	3 g
Protein (g)	20.3 g	2.7 g
Salt (g)	2.6 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?
Head online or use the app to rate this recipe.



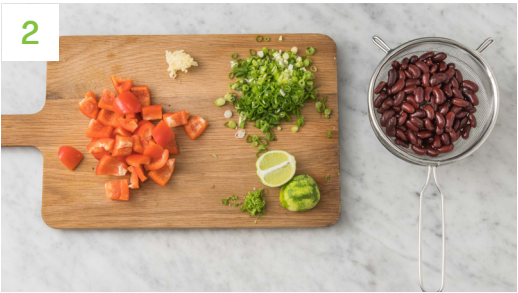
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Roast the Sweet Potato

- 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, pepper** and **half** the **thyme** 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.



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 and juice the **lime**.
- Drain and rinse the **kidney beans** in a sieve.



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, stirring occasionally 1-2 mins.
- Add the **pepper** and fry for 4-5 mins then add the **garlic, garam masala** and remaining **thyme**.
- Fry for 30 secs then add 100ml **water** (double for 4p), **vegetable stock powder, chopped tomatoes** and **coconut milk**. Stir well.



Simmer the Stew

- Bring the stew to the boil.
- Simmer, covered, on low heat for 12-15 mins.
- When 5 mins of cooking time remain, add the **kidney beans**.
- Season to taste with **salt** and **pepper**.



Finishing Touches

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



Garnish and Serve

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

Enjoy!