



# West African Spiced Peanut Stew

with sweet potato and bulgur wheat

Veggie 20-25 mins

7



Peanut Butter



Lentils



Sweet Potato



Coconut Milk



Ras-el-Hanout



Chopped Tomato  
with Onion & Garlic



Parsley



Vegetable Stock



Bulgur Wheat



Peanuts



Lime



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, Lid, Pot, Sieve

## Ingredients

	2P	4P
Peanut Butter	1 sachet	2 sachets
Lentils	1 pack	2 packs
Sweet Potato	300 g	600 g
Coconut Milk	1 pack	2 packs
Ras-el-Hanout	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Parsley	5 g	10 g
Vegetable Stock	1 sachet	2 sachets
Bulgur Wheat	120 g	240 g
Peanuts	20 g	40 g
Lime	1 unit	2 units

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	754.5 g	100 g
Energy (kJ/kcal)	3891 kJ/ 930 kcal	515.7 kJ/ 123.3 kcal
Fat (g)	32.5 g	4.3 g
Sat. Fat (g)	16.7 g	2.2 g
Carbohydrate (g)	120.2 g	15.9 g
Sugars (g)	35.9 g	4.8 g
Protein (g)	37.4 g	5 g
Salt (g)	5.4 g	0.7 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.

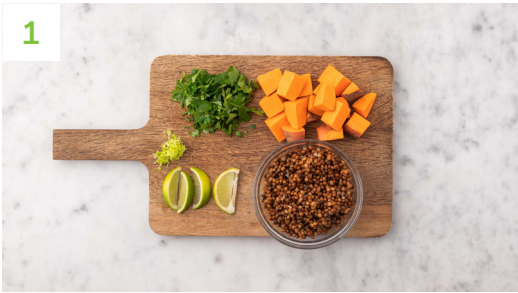
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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## Get Prepped

- Pour 240ml **water** (double for 4p) into a large pot. Stir in the **stock** and bring to the boil.
- Chop the **sweet potato** into 2cm chunks (peeling optional).
- Roughly chop the **parsley** (stalks and all).
- Drain and rinse the **lentils** in a sieve.
- Zest and cut the **lime** into wedges.

**TIP:** If you're in a hurry you can boil the water in your kettle.



## Simmer the Stew

- Add the **sweet potato, chopped tomato, lentils, coconut milk, peanut butter** and 75ml **water** (double for 4p) to a large pot.
- Bring to a boil, then cover and simmer for 10-12 mins.



## Cook the Bulgur

- Once the **water** is boiling, stir in the **bulgur** then bring back up to the boil.
- Simmer for 1 min then pop a lid on the pot and remove from the heat.
- Leave to the side for 12-15 mins or until ready to serve.



## Finishing Touches

- Fluff up the **bulgur** with a fork.
- Stir through the **lime** zest and **half** the **parsley**.



## Fry the Sweet Potato

- Place a large pan over high heat with a generous drizzle of **oil**.
- When hot, add the **sweet potato** and fry for 4-5 mins, stirring occasionally.
- Lower the heat to medium-high then add the **ras-el-hanout, salt** and **pepper**.
- Cook for 1 min.



## Serve and Enjoy

- Divide the stew between bowls.
- Top with **peanuts, lime** wedges and remaining **parsley**.

## Enjoy!