

African Sweet Potato and Peanut Stew (serves 2)



Ingredients - adaptation of recipe published by *TheVeganKind* (www.rachelama.com)

- Olive oil or Peanut oil for frying
- 250g sweet potato, peeled and diced
- ½ tin (200g) black-eyed peas, drained and rinsed
- 1 tbsp tomato puree
- ½ tin (200g) chopped tomatoes
- 250ml vegetable stock
- 60g peanut butter or nut butter of choice
- 50g spinach, chopped and/or kale
- 1 tbsp fresh lemon juice
- 1 spring onion, chopped
- Salt & pepper to taste

For the paste:

- 1 onion, chopped
- 1 tsp each of garlic, paprika, coriander, turmeric, cumin
- ½ inch root ginger, peeled and chopped

Make:

1. Mix all the paste ingredients in a food processor into a coarse consistency.
2. Sauté the paste in a little olive or peanut oil on a medium heat for 10 minutes.
3. Add the sweet potato, black-eyed peas, tomato puree and chopped tomatoes.
4. Add the stock and peanut/nut butter, season and cover the pan with a lid then simmer for 25 minutes, stirring occasionally.
5. Remove from heat, stir in the spinach and kale, leaving it to wilt for 5 minutes before adding the lemon juice and spring onions.

