



West African Spiced Peanut Stew

with sweet potato and bulgur wheat

Veggie Quick Cook 20 – 25 mins

8



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, Sugar



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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

Pot with lid, sieve, zester

Ingredients

	2P	4P
Peanut Butter	1 sachet	2 sachets
Lentils	1 pack	2 packs
Sweet Potato	1 unit	2 units
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	732.5 g	100 g
Energy (kJ/kcal)	3836.7 kJ/ 917 kcal	523.8 kJ/ 125.2 kcal
Fat (g)	32.9 g	4.5 g
Sat. Fat (g)	16.7 g	2.3 g
Carbohydrate (g)	115.6 g	15.8 g
Sugars (g)	35.1 g	4.8 g
Protein (g)	37.5 g	5.1 g
Salt (g)	5.5 g	0.7 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.

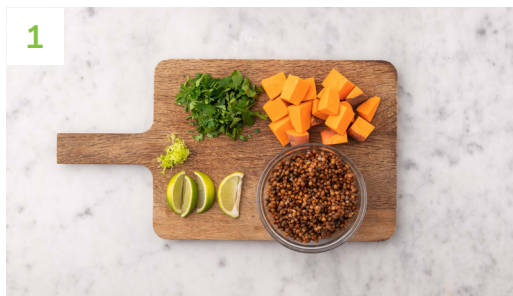
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Get Prepped

- Boil 240ml **water** (double for 4p) in a large pot along with the **stock**.
- 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 quarter the **lime**.

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



Simmer the Stew

- Stir the **coconut milk** (or shake the packet) to dissolve any lumps.
- Pop the **chopped tomatoes, coconut milk**, 75ml **water** and ½ tsp **sugar** (double both for 4p) into the pot with the **sweet potato**.
- Stir in the **lentils** and **peanut butter** and give everything a good mix.
- Bring to the boil, cover and simmer until the **sweet potato** is tender, 10-12 mins.

TIP: Add a splash of water if the stew becomes too thick.



Cook the Bulgur

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



Finishing Touches

- When everything is almost ready, fluff up the **bulgur** with a fork.
- Stir through the **lime** zest and **half** the **parsley**.



Fry the Sweet Potato

- Place a separate large pot over high heat with a generous drizzle of **oil**.
- When hot, add the **sweet potato** and cook until slightly softened, stirring occasionally, 4-5 mins.
- Lower the heat to medium-high then add the **ras-el-hanout** with a pinch of **salt** and **pepper**.
- Cook until fragrant, stirring continuously, 1 min.



Garnish and Serve

- Spoon the fluffy **bulgur** into bowls.
- Top with generous helpings of the spiced **peanut** stew.
- Garnish with **peanuts, lime** wedges and remaining **parsley**.

Enjoy!