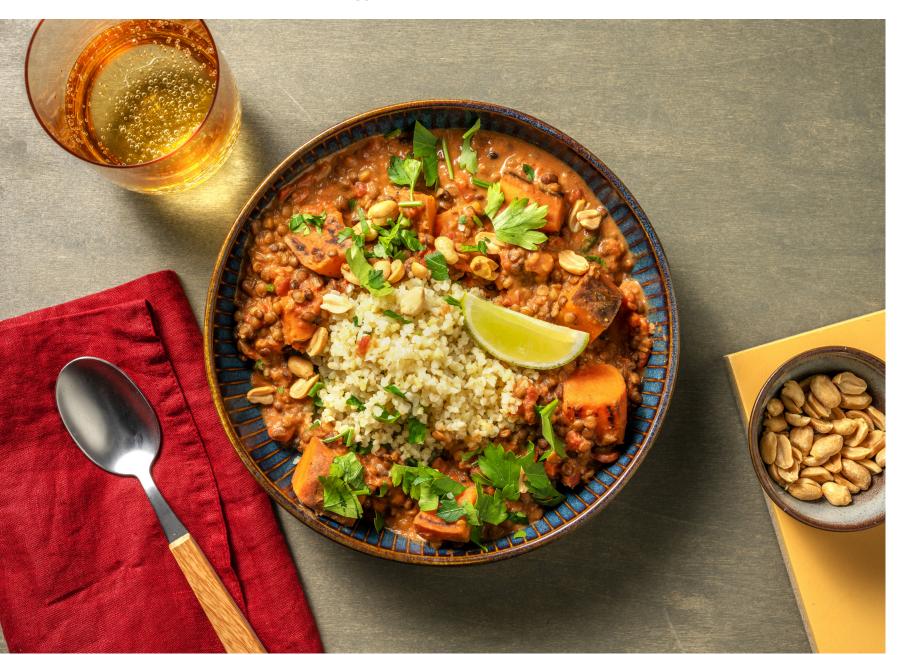


# West African Peanut Stew

with sweet potato and bulgur wheat

20 – 25 mins • Veggie











Sweet Potato

Coconut Milk





Ras-el-Hanout

Chopped Tomato with Onion & Garlic











Bulgur Wheat



Lime

Pantry Items: Sugar, Salt, Pepper, Oil, Water



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2025-W02

# Before you start

Our fruit, veg and herbs need a wash before you use them! We recommend reading the recipe in full before beginning

Wash hands before and after handling ingredients. Wash fruit and veg, but not meat. Use different utensils for raw and readyto-eat foods or wash these in between uses.

# Cooking tools you will need

Pot with lid, sieve, zester

# **Inaredients**

	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
Stock	1 sachet	2 sachets
Bulgur Wheat	120 g	240 g
Peanuts	20 g	40 g
Lime	1 unit	2 units

#### **Nutrition**

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	525.4 kJ/ 125.6 kcal
Fat (g)	4.5 g
Sat. Fat (g)	2.3 g
Carbohydrate (g)	15.9 g
Sugars (g)	4.9 g
Protein (g)	5.1 g
Salt (g)	0.7 g

See site or app for detailed nutritional info.

## **Allergens**

For allergen information please refer to the website or individual ingredient labels.

#### Contact

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# **Get Prepped**

- Boil 240ml water (per 2P) 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.



# 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.



# Fru 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-elhanout with a pinch of salt and pepper.
- Cook until fragrant, stirring continuously, 1 min.



## Simmer the Stew

- Stir the coconut milk (or shake the packet) to dissolve any lumps.
- Pop the **chopped tomatoes**, **coconut milk**, 75ml water (per 2P) and ½ tsp sugar (per 2P) 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.



# **Finishing Touches**

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



## 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!

