



West African Peanut Stew

with sweet potato and bulgur wheat

20 – 25 mins • Veggie

8



Peanut Butter



Lentils



Sweet Potato



Coconut Milk



Ras-el-Hanout



Chopped Tomato with Onion & Garlic



Parsley



Stock



Bulgur Wheat



Peanuts



Lime

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



Rate your recipe!

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.

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

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
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.

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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.



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.

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!