Sweet Potato, Spinach and Peanut Stew

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 4(ish)

Not an exact science, but as a guide

- Olive or Groundnut Oil
- **1** chopped Onion
- **2** peeled/crushed Garlic Cloves
- **2 tbsp** fresh grated Ginger
- **.5 tsp** Cayenne pepper
- **3-4** Sweet Potatoes
- **1 tbsp** mild Curry Paste
- **.5 pint** of Passatta (a tin of chopped tomato and some puree works just as well)
- .**5 pint** of Vegetable stock
- **250g** of trimmed and torn Spinach Leaves
- **250g** of sliced Button Mushrooms
- **4-5 tbsp** Peanut Butter
- **4 tbsp** chopped Coriander leaves
- Salt and Pepper

Instructions

1. Peel and chop the onion, add into a pan with a little oil and begin to gently fry. Add in the crushed garlic, grated ginger and Cayenne pepper. Continue to fry for around 10 minutes until the onions become translucent

2. Peel the Sweet Potatoes and dice into cubes. Add to the translucent onions and stir to give the potatoes a coating of flavour from the pan. Also add in the curry paste, or Garam Masala before you add in the Passata and Veg stock. Bring to the boil before covering and simmering for around 15 minutes or until the potatoes are tender

3. Whilst step (2) is happening, begin to fry the sliced mushrooms in another pan with a little oil or butter if you prefer. Add in the torn Spinach and fry for about 5 minutes until the Spinach wilts and the pan gains juices from the Spinach and Mushroom. Once this is done, add them into the pain with the Potatoes.

4. Finally, add a little of the sauce from the pan into the peanut butter to soften it and stir... once soft, add this into the stew. Season with salt, pepper and Coriander and serve