

# African Sweet Potato Stew

## Ingredients

- 1 Onion
- 4tbsp Groundnut oil
- 2 Garlic cloves, peeled and crushed
- 2tsp Fresh ginger, grated
- ½ tsp Cayenne pepper
- 1lb Sweet potato
- 1tbsp Curry paste, mild or medium (we use Medium Balti paste)
- 1pt Passatta
- ¾pt vegetable stock
- 8ozs Baby spinach leaves
- 8ozs Button mushrooms
- 4tbsp Crunchy peanut butter
- Salt and Pepper to taste



## Method

1. Peel and chop the onion. Heat 3tbsp of the oil in a saucepan, add the onion, garlic, ginger and cayenne and fry gently for 10 minutes.
2. Meanwhile, peel the sweet potatoes and cut into cubes.
3. Add the curry paste to the onion mixture and cook, stirring for 1 minute.
4. Add the sweet potatoes, stir to coat with the onion mixture and fry for 3-4 minutes.
5. Add the passatta and stock. Bring to the boil, cover and simmer for 15-20 minutes until the potatoes are almost tender.
6. Meanwhile, roughly shred the spinach leaves. Heat the remaining oil in a frying pan, add the mushrooms and stir fry for 4-5 minutes until beginning to release their juices.
7. Add to the potatoes with the spinach and cook for a further 5 minutes or until the vegetables are cooked through.
8. Mix a few spoonfuls of the stew juices with the peanut butter to soften it slightly, then stir back into the pan.
9. Season with salt and pepper to taste and heat through.

## Notes

Serve with rice and/or Naan bread.

This is actually a Vegan recipe.