

Sweet potato satay stew

Prep Time:
20 mins

Cooking Time:
40 mins

Serves:
6 Adults



Nutritional Information:

All our recipes are nutritionally analysed by our team of experts.

1/6 of this recipe contains

Energy 928kj 221kcal	Fat 8.1g	Saturates 1.6g	Sugars 11g	Salt 0.4g
11%	12%	8%	12%	7%

2 of your 5 a day

A great meal for the whole family. This vegetarian recipe is bursting with flavour!

Ingredients

- 1 onion
- 20ml of vegetable oil
- 2 cloves of garlic, finely chopped
- 2 small chunks of fresh ginger, peeled and chopped
- 1/2 teaspoon of cayenne pepper
- 600g of sweet potato, washed, peeled, and cut into cubes
- 1 tablespoon of mild or medium curry paste
- 300ml of passata
- 300ml of low-salt vegetable stock
- 200g of spinach leaves, washed
- 4 tablespoons of peanut butter
- fresh coriander to garnish
- black pepper

Method

1. Peel and chop the onion, garlic and ginger.
2. Heat the oil in a large saucepan.
3. Add the chopped onion, garlic, ginger and cayenne pepper and fry gently for 10 minutes, taking care not to let the onion or garlic go brown.
4. Add the curry paste and stir well.
5. Add in the chopped sweet potato and mix well.
6. Add the passata and the stock. Bring to the boil, cover and simmer for 20 minutes until the potatoes are almost tender.
7. Add the spinach and cook for a further 5 minutes.
8. Mix a few spoonfuls of the stew juices with the peanut butter to soften it and then mix it all back into the stew.
9. Season with black pepper and garnish with chopped coriander.

Recipe from: <https://www.safefood.net/recipes/sweet-potato-satay-stew>