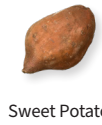
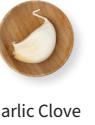


# Ivory Coast Inspired Peanut and Sweet Potato Stew with Spinach and Ciabatta

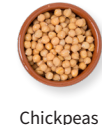
Classic 30-35 Minutes • Mild Spice • 2 of your 5 a day • Veggie



Sweet Potato



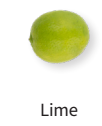
Garlic Clove



Chickpeas



Salted Peanuts



Lime



Ciabatta



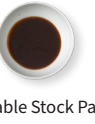
West African Style Paste



Peanut Butter



Coconut Milk



Vegetable Stock Paste



Baby Spinach



A staple food in West Africa, maafe, also known as peanut or groundnut stew, is a warming bowl of flavour with base of vegetables, almost always including sweet potato. Though chicken is often added, we're focusing on the veg for a vegetarian version.

**Pantry Items**

Oil, Salt, Pepper, Sugar

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Baking tray, garlic press, sieve, rolling pin and saucepan.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Garlic Clove**	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Salted Peanuts <b>1)</b>	25g	40g	50g
Lime**	1	1	1
Ciabatta <b>13)</b>	1	2	2
West African Style Paste <b>11)</b>	50g	75g	100g
Peanut Butter <b>1)</b>	30g	45g	60g
Coconut Milk	200ml	250ml	400ml
Vegetable Stock Paste	15g	25g	30g
Baby Spinach**	40g	100g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar*	1 tsp	½ tsp	2 tsp
Water for the Sauce*	250ml	375ml	500ml

\*Not included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	762g	100g
Energy (kJ/kcal)	4047 /967	531 /127
Fat (g)	49.0	6.4
Sat. Fat (g)	23.4	3.1
Carbohydrate (g)	101.1	13.3
Sugars (g)	25.0	3.3
Protein (g)	28.1	3.7
Salt (g)	4.11	0.54

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**1)** Peanut **11)** Soya **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **sweet potatoes** into 1cm chunks (no need to peel).

Pop the **sweet potato** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

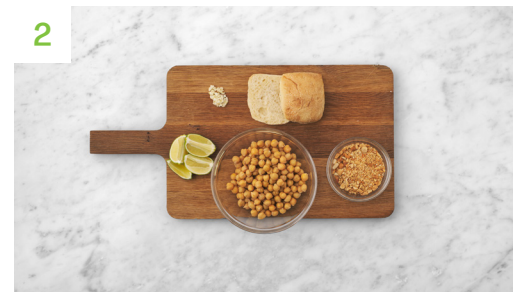
When the oven is hot, roast on the top shelf until golden and tender, 18-20 mins. Turn halfway through.



## Simmer Time

Add the **chickpeas** to the **stew** and simmer until thickened slightly, 5-7 mins.

A few mins before you're ready to serve, toast your **ciabatta** until golden.



## Finish the Prep

In the meantime, peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **chickpeas** in a sieve.

Crush the **peanuts** in the unopened sachet using a rolling pin.

Cut the **lime** into wedges. Halve the **ciabatta**.



## Finishing Touches

Once your **sweet potato** has finished roasting, stir it through the **stew**.

Add the **spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins. Squeeze in **half** the **lime juice**.

Taste and season with **salt** and **pepper** if needed. Add a splash of **water** if your **sauce** is looking a little thick.



## Start your Stew

Heat a drizzle of **oil** in a large saucepan on medium high heat. Once hot, add the **garlic** and **West African style paste** and fry until fragrant, 1 min.

Add the **peanut butter** and stir-fry for 30 secs more.

Next, stir in the **coconut milk**, **vegetable stock paste**, **sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then lower to a simmer.



## Serve Up

Share your **peanut stew** between your bowls.

Top with the **crushed peanuts**.

Serve with your **ciabatta** alongside and with any remaining **lime wedges** for squeezing over.

## Enjoy!