



West African peanut curry

Ingredients

Serves 5

- 1 tbsp olive oil
- 4 x garlic cloves (crushed)
- 1 tbsp grated ginger
- 1 large sweet potato (1cm dice)
- 1 large white onion (finely diced)
- 1 tsp cumin seed
- 1 tsp ground cumin
- ½ tsp chili flakes
- 2 tbsp tomato puree
- 2 tbsp zero sugar peanut butter
- 1 litre veg stock
- ½ bunch spring greens (sliced)
- 1 bunch of coriander
- 1 handful of chopped peanuts
- Salt and pepper to taste



Method

1. Heat the olive oil in a sauce pan and add the onion. Cook for 2 minutes before adding the garlic, ginger, chili flakes and cumin seeds. Cook for another 2 minutes before adding the ground cumin and tomato puree. Continue to cook for another 2 minutes.
2. Add the sweet potato, peanut butter and the veg stock. Bring to a boil and then reduce to a simmer and cook for 15 – 20 minutes.
3. Add the sliced spring greens and simmer for a further 5 minutes.
4. Serve topped with freshly chopped coriander and the chopped peanuts.