



**African Style Curry**

**This dish is based on a traditional West African stew called ‘peanut stew’ or ‘groundnut stew’. This is a lovely creamy heart dish that you can have alone or serve with a portion of wild / brown rice. If you have an intolerance to peanuts switch in cashews or almonds (and the same in nut butter) as a substitute**

**Serves 4**

**INGREDIENTS:**

- Onions x 2 diced.
- Garlic cloves x 2 minced or diced.
- Grated chunk of ginger root
- 1 x tin drained chickpeas
- 6 mushrooms
- 2 medium sweet potato
- 100g peanut butter
- 1 head bok choy washed and chopped.
- 100g baby spinach washed.
- Juice of 1 whole lime
- 1 x tin of chopped tomatoes
- Dash of cumin
- Dash of paprika
- Sea Salt / Black Pepper
- Optional: chopped peanuts to serve on top
- Optional: Chopped fresh coriander
- Optional: 1 tbsp Greek style natural yogurt

**METHOD:**

- In a pot add some water and heat gently. Sauté your onions, garlic, and ginger for 2 mins or so.
- Add in your diced sweet potato, a little more water and cook slowly for 10 – 15 mins.
- Add in your mushrooms and your chickpeas and seasonings and mix well. Cover slowly for another 10 minutes until your sweet potato has softened.
- In a jug add your nut butter and a little hot water and mix with a spoon to make loose and smooth. Add into the pot with your chopped tomatoes.
- Add your bok choy, baby spinach, lime juice, bring the pot to the boil, reduce and simmer for the last 5 minutes.

**SERVE:**

- Add some fresh chopped coriander to finish.
- Add 1 tbsp of natural yogurt on top and some chopped peanuts.