



Sweet Potato Peanut Stew

with Cilantro and Spinach



20-30min



2 Servings

This is the softest, creamiest, most satisfying stew. It also happens to be beautiful, with bright orange sweet potatoes, green swirls of sturdy flat-leaf spinach and a cilantro-peanut crumble dusted on top. The sweet potatoes get sautéed in plenty of fall spices (cumin, cinnamon, cayenne for heat!) and simmer in a velvety peanut butter sauce. By this point your kitchen will smell so good you'll...

What we send

- fresh cilantro
- cumin
- sweet potato
- cayenne
- cinnamon
- tomato paste
- flat leaf spinach
- lemon
- large cloves garlic

What you need

- coarse salt
- olive oil

Tools

- large pot

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 700.0kcal, Fat 25.2g, Proteins 16.4g, Carbs 91.2g



1. Prep ingredients

Peel and cut sweet potato into 1-inch pieces. Peel and finely chop garlic. Pick cilantro leaves from stems and finely chop stems. Trim thick stems from spinach.



2. Brown sweet potato

Heat 2 tablespoons oil in a large pot over medium-high. Add sweet potato and garlic, season with ½ teaspoon salt, and cook until starting to turn golden, about 5 minutes.



3. Add aromatics

Add tomato paste, cumin, cinnamon, cayenne, and cilantro stems and cook, stirring, until combined, about 2 minutes.



4. Make stew

Add peanut butter and ½ cup water and bring to a vigorous simmer over medium heat. Add 1 teaspoon salt and cook until sweet potato is tender, about 12 minutes.



5. Make topping

Combine cilantro leaves and peanuts on a cutting board and finely chop. Mix together and season with salt if desired. Halve lemon.



6. Stir in spinach

Wash spinach and leave damp. Add to stew and cook, stirring, until wilted, about 2 minutes. Add more water to stew if needed to loosen. Serve stew topped with a squeeze of lemon and peanut-cilantro topping. Enjoy!