

DINNERLY



West African Chicken & Peanut Stew

Developed by Our Registered Dietitian



30-40min



2 Servings

Dinnerly's resident dietitian is bringing you meals that are both ultra-satisfying and super nourishing. A staple of West Africa, this hearty stew gives us all the warm and cuddly feels. Sweet potato, chicken, and kale simmer in a broth built with tomato paste, peanut butter, and ras el hanout spice—how filling and flavorful does that sound? We've got you covered!

WHAT WE SEND

- 1 sweet potato
- 1 yellow onion
- ½ lb pkg chicken breast strips
- ¼ oz ras el hanout
- 6 oz tomato paste
- 1.15 oz peanut butter ⁵
- 1 bunch curly kale

WHAT YOU NEED

- garlic
- kosher salt & ground pepper
- olive oil

TOOLS

- medium Dutch oven or pot

COOKING TIP

Here's a quick way to strip kale leaves from stems: Hold end of stem in one hand and squeeze your other hand or a few fingers around base of the leaf. Pull your hand up the stem to tear the leaf off.

ALLERGENS

Peanuts (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

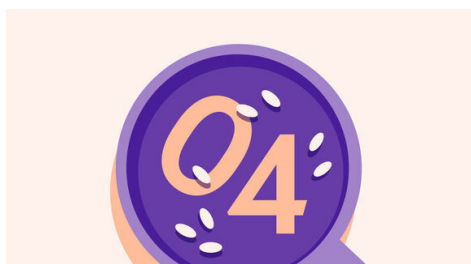
Calories 610kcal, Fat 30g, Carbs 54g, Protein 36g



1. Cook chicken

Scrub **sweet potato**, then cut into 1-inch pieces. Finely chop **1 teaspoon garlic**. Coarsely chop **onion**.

Pat **chicken** dry; season all over with **salt** and **pepper**. Heat **2 teaspoons oil** in a medium Dutch oven or pot over high. Add chicken; cook until browned on both sides and cooked through, 3–4 minutes. Transfer to a plate.



4. Finish stew & serve

Stir in **chicken** and **¼ cup water**. Add **kale** in batches until just wilted. Cover and simmer until warmed through and kale is bright green and tender, about 3 minutes.

Season **chicken and peanut stew** to taste with **salt** and **pepper** before serving. Enjoy!



2. Start stew

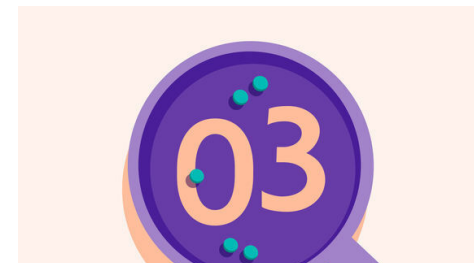
Heat **2 tablespoons oil** in same pot over medium-high. Add **sweet potatoes** and **a pinch of salt**; cook, stirring once or twice, until they begin to brown, 4–5 minutes. Add **onions**. Cook, stirring occasionally, until softened, 2–3 minutes.

Add **chopped garlic**, **ras el hanout**, and **half of the tomato paste** (save rest). Cook, stirring, until paste starts to caramelize, 1–2 minutes.



5. ...

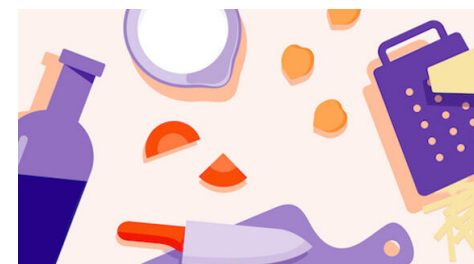
What were you expecting, more steps?



3. Simmer stew

Add **peanut butter**, **2 cups water**, and **1 teaspoon salt**; cook, stirring to incorporate. Bring to a simmer, then cover. Reduce heat to medium-low and simmer, stirring often to prevent sticking, until **sweet potatoes** are just tender but not falling apart, 15–20 minutes.

Meanwhile, strip **half of the kale leaves** from stems; discard stems and coarsely chop leaves (save rest for own use).



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!