



ONE-POT  
MEAL

## 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!