



West African Peanut Stew

Ingredients

- 40 g Maggi Coconut Milk Powder
- 1 Maggi All Purpose Seasoning Tablette
- 1 teaspoon Vegetable Oil
- 1 red onion, sliced
- 1 clove garlic, crushed
- 1 slice root ginger, finely grated
- 2 teaspoons Curry Powder
- 0.5 teaspoon Turmeric
- 1 teaspoon Paprika
- 1 tablespoon Tomato Paste
- 2 tomatoes, roughly chopped
- 1 Red pepper
- 3 sweet potatoes, peeled and diced
- 2 red chillies, finely chopped
- 240 g 400g can kidney beans, rinsed and drained
- 4 tablespoons Peanut Butter
- 100 g Kale
- 60 g Peanuts

Instructions

1. Heat a large saucepan over a moderate heat, add 1 tsp oil. Add the onion, garlic and ginger and fry for 5 minutes.
2. Add the spices, tomato paste, tomatoes, red pepper, sweet potatoes, chilli and Maggi All Purpose Seasoning Tablette. Mix the Maggi Coconut Milk Powder with 300ml water and add to the saucepan. Bring to a boil, cover and simmer for 10 minutes until the sweet potatoes are soft.
3. Add the remaining ingredients and cook uncovered for 5 minutes.

Nutrition

40 Minutes

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|---------------------|-------------|
| Carbohydrate | 76.55 g |
| Energy | 605.34 kcal |
| Fat | 24.86 g |
| Fibre | 17.42 g |
| Protein | 25.93 g |
| of which: saturates | 8.72 g |
| Sodium | 719.39 mg |
| of which: sugars | 13.55 g |

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