



ST PETER'S  
HOUSE

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Serves 1

## Peanut & Sweet Potato Stew

### The Well Recipe Card

#### Ingredients

- 1 tbsp oil
- 1/2 onion, finely chopped
- 2 garlic cloves, very finely chopped
- thumb-sized piece ginger, very finely chopped
- **6 tbsp smooth peanut butter**
- 1-2 sweet potato, peeled and cut into bite sized chunks
- 1 veg stock cube made with 1 can hot water
- 1 can coconut milk
- 1 pack passata
- 6-8 spring green leaves, chopped roughly

#### Optional Extras

- Chopped Peanuts for garnish
- Rice or Bread

#### Method

Melt 1 tablespoon of oil in a pan over a medium heat and soften the onion for 5 mins. Add 2 finely chopped garlic cloves and finely chopped piece of ginger, and cook for 1-2 min until fragrant.

Stir in the passata, stock with hot water, coconut milk and potato.

Bring to a gentle boil and cook, uncovered, for 20 minutes or until the sweet potato is soft.

Stir through the peanut butter and spring greens and cook for a further 10 minutes on low. Serve with cooked rice or bread, and if you want some crunch, sprinkle over a few (optional) dry roasted peanuts.





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## Chunky Vegetable and Lentil Stew

### The Well Recipe Card

#### **Ingredients**

- vegetables – ½ celeriac and 1 carrot – peeled and diced
- brussels sprouts – handful, outer leaves removed and halved
- 2 cloves garlic
- 2 tsp curried blend
- 50g red lentils
- ½ vegetable stock cube made with 1 can hot water
- 1 can chopped tomatoes

#### **Optional Extras**

- Bread

#### **Method**

Prepare vegetables as described.

Place a little oil in a pan and heat over medium heat. Add the vegetables and garlic and cook until they start to soften (5 mins).

Add the spices and cook for a minute, stirring frequently to avoid them smoking.

Now, add the lentils, hot water, vegetable stock cube and chopped tomatoes. Cook everything on a low heat until the lentils are soft (20-25 mins), adding a splash more water as and when required.

Check for seasoning adding more salt and pepper as desired.

Serve with (optional) bread.

