

## **AFRICAN SWEET POTATO STEW** (makes 6 portions)

1 tbsp **cumin**  
1 tsp **mustard seeds**  
2 tsp **coriander**  
1 tsp **turmeric**  
1 tsp **paprika**  
1/4 tsp **cayenne pepper**

1 large **onion**  
1/2 thumb **ginger**  
4 cloves **garlic**  
60 gm fresh **coriander**

1 **red pepper**  
1 **chilli**

1 kg **sweet potatoes**  
400 ml **cashew cream** (recipe below)  
1 large **carrot**  
2 tins **chopped tomatoes**

1/3 cup smooth **peanut butter**

180 gm **curly kale**  
200 gm **cavolo nero**  
1 cup **chickpeas** (soaked overnight, pressure-cooked 20 mins, saving the **aguafaba**)

Sauté the spices on lowest heat for 5-10 mins, then add the **onion, ginger, garlic** and **coriander**, cooking until the onion is translucent.

Add the **red pepper** and **chilli**, cooking for a couple more minutes.

Add the **sweet potatoes, carrot, coconut milk/ cashew cream** and **tomatoes**. Cover and bring to a boil, then reduce heat and simmer for 15 minutes.

Place the **peanut butter** in a small bowl and add some **aguafaba**, mix well and pour into the wok.

Add the **curly kale, cavolo nero, chickpeas** and enough **aguafaba** to cook everything for another 15 mins. Allow to cool then blend 1/3 to thicken the stew.

Reheat and serve with **couscous** (90 gm per portion).

### **cashew cream**

3/4 cup **cashews** (soaked overnight, then drained)  
1/4 cup **coconut milk powder**  
1.5 tbsp **olive oil**  
1.5 dsp **apple cider vinegar**  
1 tsp **sweetner** (eg agave syrup)  
1 tsp **mustard powder**  
1.5 tbsp **lemon juice**  
200 ml **water**  
Blend everything together.