



UCCOOK

Ginger & Sweet Potato Stew

with kale, lentils & brown rice

You're not imagining it, Chef! Ginger contains something called gingerols, which physically increases your body's temperature. By using this ingredient in a stew, you will feel warm & fuzzy from the inside out. Layers of ginger, sweet potato, bell peppers, kale & lentils are blanketed with a coconut cream & winter special spice mix. Spooned over brown basmati rice.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Jemimah Smith

Veggie

 Strandveld | Grenache

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Ingredients & Prep

225ml	Brown Basmati Rice <i>rinse</i>
2	Onions <i>peel & roughly dice 1½</i>
60g	Fresh Ginger <i>peel & grate</i>
2	Bell Peppers <i>rinse, deseed & cut 1½ into strips</i>
750g	Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
45ml	Spice Mix <i>(15ml Ground Cumin, 15ml Ground Coriander & 15ml Ground Turmeric)</i>
300ml	Coconut Milk
150g	Kale <i>rinse & roughly shred</i>
360g	Tinned Lentils <i>drain & rinse</i>
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. READY THE RICE Place the rinsed rice in a pot with 450ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SWEET POTATO & SPICE Place a pot (with a lid) over medium heat with a drizzle of oil. When hot, fry the diced onion, the grated ginger (to taste), the pepper slices, and the sweet potato chunks until the onions are soft, 6-7 minutes (shifting occasionally). Add the spice mix and fry until fragrant, 1-2 minutes.

3. MAKE IT CREAMY Add the coconut milk, 150ml of water, the rinsed kale, the rinsed lentils, and ½ the chopped coriander. Cover with the lid and simmer until the lentils are warmed through, 6-7 minutes.

4. SHEW, A GREAT STEW! Plate up the fluffy rice and top with the lentil sweet potato stew. Garnish with the remainder of the coriander.

Nutritional Information

Per 100g

Energy	397kJ
Energy	95kcal
Protein	3.4g
Carbs	15g
of which sugars	3.4g
Fibre	3.6g
Fat	2.3g
of which saturated	1.5g
Sodium	37mg

Allergens

Allium, Sulphites

Eat
Within
4 Days