



# 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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Veggie

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 Strandveld | Grenache

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## Ingredients & Prep

75ml	Brown Basmati Rice <i>rinse</i>
1	Onion <i>peel &amp; roughly dice ½</i>
20g	Fresh Ginger <i>peel &amp; grate</i>
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into strips</i>
250g	Sweet Potato <i>rinse, peel (optional) &amp; cut into bite-sized pieces</i>
15ml	Spice Mix <i>(5ml Ground Cumin, 5ml Ground Coriander &amp; 5ml Ground Turmeric)</i>
100ml	Coconut Milk
50g	Kale <i>rinse &amp; roughly shred</i>
120g	Tinned Lentils <i>drain &amp; rinse</i>
3g	Fresh Coriander <i>rinse, pick &amp; 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 150ml 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, 4-5 minutes (shifting occasionally). Add the spice mix and fry until fragrant, 1-2 minutes.

**3. MAKE IT CREAMY** Add the coconut milk, 50ml 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, 5-6 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