

## Chard, sweet potato & peanut stew

Serves 4



### Ingredients

- 2 tbsp sunflower oil
- 1 large onion, chopped
- 1 tsp cumin seeds
- 400g sweet potatoes, cut into medium chunks
- ½ tsp crushed chilli flakes
- 400g can chopped tomato
- 140g salted, roasted peanuts
- 250g chard, leaves and stems, washed and roughly chopped

### Method

- **STEP 1** - Heat a large saucepan with a lid over a medium heat and add the oil. Add the onion and fry until light golden. Stir in the cumin seeds until fragrant, about 1 min, then add the sweet potato, chilli flakes, tomatoes and 750ml water. Stir, cover and bring to the boil, then uncover and simmer for 15 mins.
- **STEP 2** - Meanwhile, whizz the peanuts in a food processor until finely ground, but stop before you end up with peanut butter. Add them to the stew, stir and taste for seasoning – you may want to add a pinch more salt. Simmer for a further 15 mins, stirring frequently.
- **STEP 3** - Finally, stir in the chard. Return to the boil and simmer, covered, stirring occasionally, for 8-10 mins or until the chard is cooked. Serve piping hot with plenty of freshly ground black pepper.

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