



SWEET POTATO & CHICKEN STEW

Ingredients:

- 3 SWEET POTATOES
- 190G BAG SPINACH
- 1 TBSP SUNFLOWER OIL
- 8 CHICKEN THIGHS, SKINLESS AND BONELESS
- 500ML CHICKEN STOCK
- 2 ONIONS
- 1 RED CHILLI
- 1 TSP PAPRIK
- 1 TSP GINGER
- 400G CAN TOMATOES

Method

- PUT THE SWEET POTATO IN A LARGE, DEEP SAUCEPAN OVER A HIGH HEAT. COVER WITH BOILING WATER AND BOIL FOR 10 MINS.
- MEANWHILE, PUT 2 ONIONS, 1 CHILLI, PAPRIKA, GINGER AND TOMATOES IN A FOOD PROCESSOR AND BLEND UNTIL IT BECOMES A PASTE. SET ASIDE UNTIL NEEDED.
- PUT THE SPINACH IN A LARGE COLANDER IN THE SINK AND POUR THE SWEET POTATOES AND THEIR COOKING WATER OVER IT TO DRAIN THE POTATOES AND WILT THE SPINACH AT THE SAME TIME. LEAVE TO STEAM-DRY.
- RETURN THE SAUCEPAN TO THE HEAT, THEN ADD THE OIL, FOLLOWED BY YOUR BLENDED SPICE PASTE. FRY THE PASTE FOR ABOUT 5 MINS UNTIL THICKENED.
- ADD THE CHICKEN. FRY FOR 8-10 MINS UNTIL THE CHICKEN STARTS TO COLOUR. POUR OVER THE STOCK, BRING TO THE BOIL AND LEAVE TO SIMMER FOR 10 MINS, STIRRING OCCASIONALLY.
- CHECK THE CHICKEN IS COOKED BY CUTTING INTO ONE OF THE THIGHS AND MAKING SURE IT'S WHITE THROUGHOUT WITH NO SIGNS OF PINK. SEASON WITH BLACK PEPPER, THEN ADD THE SWEET POTATO. LEAVE TO SIMMER FOR A FURTHER 5 MINS.
- CHOP THE SPINACH AND ADD TO THE STEW.

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Nutritional Information

SWEET POTATOES - SWEET POTATOES ARE A GREAT SOURCE OF FIBRE, VITAMINS, & MINERALS. THEY PROMOTE GUT HEALTH, MAY HAVE CANCER-FIGHTING PROPERTIES, SUPPORT HEALTHY VISION, BOOST YOUR IMMUNE SYSTEM & ENHANCE BRAIN FUNCTION.

SPINACH - THIS LEAFY GREEN VEGETABLE IS PACKED WITH VITAMINS AND MINERALS SUCH AS VITAMIN A, VITAMIN C, IRON, CALCIUM AND POTASSIUM. SPINACH IS THOUGHT TO HELP IMPROVE EYE HEALTH., IT IS RICH IN IRON, AND IS ALSO FULL OF FIBRE, WHICH IS GREAT FOR YOUR DIGESTIVE SYSTEM.

CHICKEN - RICH IN PROTEIN, CHICKEN CAN HELP WITH WEIGHT MANAGEMENT AND REDUCE THE RISK OF HEART DISEASE. CHICKEN CONTAINS THE AMINO ACID TRYPTOPHAN, WHICH HAS BEEN LINKED TO HIGHER LEVELS OF SEROTONIN (THE "FEEL GOOD" HORMONE) IN OUR BRAINS.

PAPRIKA - PAPRIKA CONTAINS CAPSAICIN, A COMPOUND FOUND IN PEPPERS THAT HAS BEEN SHOWN TO HAVE A WIDE RANGE OF HEALTH BENEFITS. IT HAS ANTIOXIDANT PROPERTIES, CAN HELP REDUCE THE RISK OF CANCER AND HEART DISEASE, IMPROVE IMMUNITY, AND EVEN ALLEVIATE GAS.

GINGER - CAN HELP WITH NAUSEA AND MORNING SICKNESS. IT MAY REDUCE MUSCLE PAIN AND SORENESS, HAS BEEN KNOWN TO BE A HEALTHY ANTI-INFLAMMATORY, CAN ASSIST IN LOWERING BLOOD SUGARS, HAS BEEN KNOWN TO REDUCE PERIOD CRAMPS AND PAIN AND IT MAY HELP TO REDUCE CHOLESTEROL.