



DropChef Tofu West African Peanut Stew



This is a staple dish in West Africa! It's also known as Mafa, Domoda, or Ground Nut Stew. This isn't quite an authentic African recipe, but more a DropChef take, as traditionally this stew can be very spicy!

Nutritional Info

Calories: 617kcal
Carbohydrates: 75g
Protein: 20.5g
Fat: 26g

Ingredients

- Tofu
- Peanut Butter
- Red Onion
- Ras El Hanout
- Stock Cube
- Ground Almonds

- Fresh Coriander
- Red Chilli
- Baby Spinach
- Basmati Rice
- Honey

Your Pantry

- Olive oil

Allergens


[Peanuts \(Peanut butter\)](#)
[Soybean \(Tofu\)](#)
[Nuts \(Ground almonds\)](#)
[Celery \(Stock Cube\)](#)
[Stock Cubes may contain traces of Egg, Soya & Mustard](#)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) **Boil the kettle**

Make the stock up to 200ml per person.

2) **Prepare the vegetables**

Peel and finely slice the onion. Finely chop the coriander and red chilli (remove the seeds if you prefer less spice). Dice the tofu.

3) **Saute the vegetables**

To a large heavy-based saucepan or frying pan drizzle a little oil. Place on medium heat and once hot, add the onions. Cook down for 3-4 minutes.

4) **Add the Tofu and make the stew**

Add the tofu to the pan with the onions and cook for 2-3 minutes, then add the ras el hanout and cook for one minute. Add the stock, peanut butter, ground almonds, and just under a teaspoon of honey per person. Stir thoroughly until combined and allow to cook for 8-10 minutes uncovered. Meanwhile...

5) **Cook the rice**

Rinse the basmati rice under cold water in a sieve, then add to a pan of boiling water. Cook for 8-10 minutes or until tender.

6) **Finish the dish**

Season the stew with salt and pepper to taste, then add the spinach and stir until wilted. Serve the rice in dishes and top with the stew. Garnish with fresh coriander and red chilli.



Fancy winning free DropChef in our weekly competition?!

To enter just share your delicious dinner on Instagram | **#DropChef**