



## Spiced Sweet Potato, Butter Bean and Broccoli Stew

**A dish with a huge amount of fresh vegetables to really pack a healthy nutritious punch! You can make this dish super spicy if you like it by putting in all the crushed chillies or leave them out all together if you can't handle the spice!**

### Ingredients

- Sweet Potato
- Onion
- Garlic
- Lemon
- Butter Beans
- Crushed Chillis
- Tenderstem Broccoli
- Vegetable Stock Cube
- Fesh Parsley
- Fresh Coriander
- Sunflower Seeds
- Feta Cheese
- Spice Mix
  - Cumin
  - Coriander
  - Paprika

### Your Pantry

- Olive Oil
- Butter

### Nutritional Info

Calories: 491 kcal  
Carbohydrates: 75 g  
Protein: 15 g  
Fat: 17 g

### Allergens

Milk (Feta)

Celery (Stock Cube)

Stock Cube may also 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) Prepare the vegetables

Peel the sweet potato and chop it into 2cm chunks. Peel and dice the onion. Finely chop the garlic. Grate the zest of half a lemon. Chop the parsley and coriander and set aside.

### 2) Make the stock

Combine 450 ml of boiling water with the stock cube. Set aside.

### 3) Toast the spices

On a medium-low heat, toast the spice mix without any oil in a casserole pot or heavy based saucepan with a lid. Let the spices cook until fragrant and add about a tablespoon of olive oil and a teaspoon of butter.

### 4) Add the onions & garlic

Add the onions to the spices and allow them to soften for 5 minutes. Then add the garlic.

### 5) Add the sweet potato

Add the sweet potato to the pot along with the stock water, bring to the boil and allow it to simmer gently for about 10 minutes.

### 6) Add the butter beans

Drain the water from the butter beans, and then add the beans to the stew. Cook for a further 5 minutes.

### 7) Add the broccoli, parsley, coriander & lemon zest

Add the broccoli, parsley, fresh coriander & lemon zest to the stew, add more water if needed. Then cook for a further 5-10 minutes.

### 8) Finish and plate the dish

Spoon the stew into bowls and top with some crumbled feta cheese. Slice the lemon into segments. Sprinkle over the sunflower seeds and the crushed chillis to taste. Garnish with a lemon segment.



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