



# GAMBIAN-STYLE SPICED PEANUT STEW

with Sweet Potato, White Beans, Rice & Cilantro

## INGREDIENTS

2 PERSON | 4 PERSON



1 tsp | 2 tsp  
Chili Flakes



1 | 2  
Onion



1 | 2  
Cannellini Beans



1 | 2  
Crushed Tomatoes



1 Thumb(s) | 2 Thumb(s)  
Ginger



1 | 1  
Peanut Butter  
Contains: Peanuts



1 tsp | 2 tsp  
Garlic Powder



1 oz | 2 oz  
Peanuts  
Contains: Peanuts



1 tsp | 2 tsp  
Dried Thyme



1 | 2  
Sweet Potato



¼ oz | ½ oz  
Cilantro



1 tsp | 2 tsp  
Garam Masala



¾ Cup(s) | 1½ Cup(s)  
White Rice



1 tsp | 2 tsp  
Cumin



ANY ISSUES WITH YOUR ORDER?  
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THERE TOO. SCAN HERE TO GET HELP  
OR GIVE US A CALL AT (646) 846-3663.



## HelloCustom

2 PERSON | 4 PERSON

If you chose to modify your meal, follow the HelloCustom instructions on the flip side of this card.



10 oz | 20 oz  
Diced Skinless Dark Meat Chicken

Calories: 1090



PREP: 10 MIN | COOK: 45 MIN | CALORIES: 900



HELLO

### DOMODA

This Gambian-inspired spiced peanut and bean stew is a homestyle dish packed with savory-sweet flavor.

### PEANUT POWER

Use any remaining peanut butter in Step 5 to add even more flavor!

### BUST OUT

- Small pot
- 2 Small bowls
- Large pot
- Kosher Salt
- Sugar
- Black Pepper
- Cooking Oil

### MORE IS MORE

If you upgraded your meal to double your protein or veggies, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. To cook 3-serving or 6-serving recipes, refer to the separate **MORE IS MORE** card for all the info you'll need!

*For HelloCustom nutritional information, please refer to HelloFresh.com.*

### HOW WAS YOUR MEAL?



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### 1 COOK RICE

- **Wash and dry produce.**
- In a small pot, combine **rice**, **1¼ cups water (2¼ cups for 4 servings)**, and a **pinch of salt**. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



### 2 PREP

- While rice cooks, using a heavy-bottomed pan, finely crush **peanuts** in their bag. Halve, peel, and thinly slice **onion**. Peel and mince or grate **ginger**. Trim and quarter **sweet potato** lengthwise; slice crosswise into ½-inch-thick quarter-moons.
- Open package of **chicken\*** and drain off any excess liquid. Heat a **drizzle of oil** in a large pan over medium-high heat. Add chicken; season with **salt** and **pepper**. Cook, stirring occasionally, until browned and cooked through, 4-6 minutes.



### 3 MIX SPICE BLEND

- In a small bowl, combine **garlic powder**, **thyme**, **cumin**, **garam masala**, **1 tsp sugar**, **2 tsp salt**, and **pepper (2 tsp sugar and 4 tsp salt for 4 servings)**.



### 4 START STEW

- Heat a large dry pot over medium heat. Add **peanuts**; toast, stirring frequently, until fragrant and lightly browned, 1-2 minutes. Carefully transfer 2 tsp peanuts (**4 tsp for 4 servings**) to a second small bowl for serving.
- Add a **large drizzle of oil** to pot with remaining peanuts. Stir in **onion**, **ginger**, **sweet potato**, and **spice blend** until everything is thoroughly coated. Cook, stirring frequently, until onion is slightly softened and translucent, 5-7 minutes (**if pan seem dry, add another drizzle of oil**).
- Stir in **crushed tomatoes**, **beans and their liquid**, **half the peanut butter**, and **2 cups water (all the peanut butter and 4 cups water for 4 servings)**. Bring to a boil, then reduce to a simmer. Cover and cook, stirring occasionally, until stew begins to thicken, 20 minutes.



### 5 FINISH STEW

- Meanwhile, pick **cilantro leaves** from stems.
- Once stew has cooked 20 minutes, increase heat under pot to medium. Cook, uncovered, stirring occasionally, until stew is thickened, 10 minutes more. Turn off heat. Taste and season with **salt**, **pepper**, and as many **chili flakes** as you like.
- Stir in **chicken** along with **chili flakes**.



### 6 FINISH & SERVE

- Fluff **rice** with a fork.
- Divide rice and **stew** between shallow bowls in separate sections. Garnish with **cilantro leaves** and **reserved peanuts (if you like things spicy, sprinkle with any remaining chili flakes!)**. Serve.

\*Poultry is fully cooked when internal temperature reaches 165°.