



Sweet Potato Stew



4 servings



35 minutes

INGREDIENTS

2 Small sweet potatoes
1 tin of kidney beans
1 tin of plum tomatoes
4 cloves of garlic
2 tbsp of tomato paste
1/2 a block of feta cheese
Chilli flakes

NOTES

Enjoy with flatbreads made from self-raising flour and Greek yogurt.

DIRECTIONS

1. Peel + chop your sweet potato into 1cm cubes.
2. Peel + chop garlic
3. Open the beans and rinse them.
4. Place some oil in a pan, add the sweet potatoes and cook for 5 minutes. Keep stirring to avoid burning.
5. Add the garlic and chilli flakes. Cook for 5 minutes.
6. Pour the beans and tomatoes into the pan.
7. Mix well, season then cover. Cook until the potatoes are cooked through.
8. Season to taste.



Recipe Notes