

Spicy African Peanut Curry with Sweet Potato, Kale, Cilantro & Rice



30 minutes | 2 servings

Find cookware

[can opener](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[medium saucepan](#)
[mixing bowls](#)
[small saucepan](#)
[stirring spoon](#)
[vegetable peeler](#)

Grab ingredients

½ cup	basmati rice
8 fl oz	chicken or vegetable broth
½ small bunch	cilantro
1 (14.5 oz) can	diced tomatoes
2 cloves	garlic
1 (1 inch) piece	ginger root
1	jalapeño pepper
½ bunch	kale
½	lime
¼ cup	peanuts, roasted unsalted
½ lb	sweet potato
1 medium	yellow onion
	curry powder
	natural peanut butter
	salt
	virgin coconut oil

Cook & enjoy

- Using a strainer or colander, rinse the rice under cold, running water, then drain and transfer to a small saucepan. Add water and bring the mixture to a boil over high heat.

½ cup basmati rice
1 cup water

- Once the liquid comes to a boil, add salt, stir the mixture, cover the saucepan, and reduce heat to low. Cook rice until liquid is fully absorbed, 15-18 minutes. Once done, remove rice from the heat and let it stand, still covered, for 5 minutes.

¼ tsp salt

- Meanwhile, wash and dry the fresh produce.

1 (1 inch) piece ginger root
1 jalapeño pepper
½ lb sweet potato
½ bunch kale
½ small bunch cilantro
½ lime

- Peel and mince garlic and ginger; transfer to a medium bowl.

2 cloves garlic

- Quarter jalapeño pepper lengthwise; seed and remove ribs with a spoon. Finely dice and add to the bowl with the garlic; set aside. (Be careful with jalapeños; do not touch your eyes and ensure you wash your hands after handling or wear gloves while preparing.)

- Preheat a medium saucepan over medium heat.

- 7 While the pan heats up, peel and small dice onion.
1 medium yellow onion
- 8 Once the pan is hot, add oil and swirl to coat the bottom. Add onion and cook, stirring occasionally, until softened, about 5 minutes.
2 tsp virgin coconut oil
- 9 Meanwhile, peel and medium dice sweet potato.
- 10 Add garlic, ginger, jalapeño, curry powder, and salt to the pan. Cook, stirring constantly, until fragrant, about 1 minute. (Reserve bowl for later.)
1 tbsp curry powder
½ tsp salt
- 11 Add broth, tomatoes, peanut butter, and sweet potato to the pan. Stir to combine and bring to a simmer over medium-high heat. Reduce heat and simmer, stirring occasionally, until sweet potato begins to soften, about 10 minutes.
8 fl oz (1 cup) chicken or vegetable broth
1 (14.5 oz) can diced tomatoes
¼ cup natural peanut butter
- 12 Meanwhile, fold kale leaves in half lengthwise and slice off the stems. Chop or tear leaves into bite-sized pieces, place in the reserved bowl, and set aside.
- 13 Coarsely chop peanuts. Shave cilantro leaves off the stems; discard stems and mince the leaves. Set both aside.
⅓ cup peanuts, roasted unsalted
- 14 Add kale to the simmering curry and stir to combine. Continue to simmer, stirring occasionally, until veggies are tender, about 5 minutes.
- 15 While the curry finishes cooking, slice lime into wedges.
- 16 To serve, divide rice and curry between bowls; top with peanuts, cilantro, and a squeeze of lime. Enjoy!