



## Sweet Potato and Okra Stew

Serves 1

Prep time: 5 minutes

Cooking time: 25-30 minutes

Per portion

Calories: 258

Fat: 5.6g

Saturates: 0.8g

Carbs: 46g

of which sugars: 19.6g

Fibre: 3.5g

Protein: 8.3g

Salt: 1.1g

### Ingredients:

150g sweet potato, peeled and cut into 1 cm cubes

90g fresh okra, top and tailed and chopped into 1.5cm slices

150ml vegetable stock

50g tomato passata

1 small white onion peeled and sliced

6 cherry tomatoes, halved

1 small red chilli, deseeded and chopped finely

1 tsp garam masala

½ tsp turmeric

rapeseed oil spray

### Instructions:

Heat a heavy based frying pan and add a couple of sprays of the oil. Now add the onion, sweet potato and the red chilli and cook for 3-5 minutes, stirring occasionally.

Add the vegetable stock, garam masala, turmeric and tomato passata and cook for a further 10 minutes on a medium heat until the potatoes are just starting to soften.

Add the okra and the cherry tomatoes and simmer for a further 10 -12 minutes until the sauce has reduced right away.

Serve straight away – garnish with a few fresh parsley leaves (optional)