

Green Vegetable Stew

This is my variation of a dish called Spinach Plasas (spinach stew) from Sierra Leone. As the actual dish has a lengthy process, I've amended the recipe to reduce the time to within an hour.

You can eat this with rice, sweet potatoes, or yam, with/without meat, or fish of your choice.

Peanut butter Alternatives

Almond butter
Cashew butter
Walnut butter
Hazelnut butter
Pecan butter



Nut-free options

Tahini
Sunflower seed butter
Coconut butter
Soy nut butter
Granola butter

Serves 2-4

Prep 15 mins

Cook 30 – 45 mins

Ingredients

1 Yellow plantain

1 Green plantain

1 Bunch of spinach and leafy green vegetables, e.g., cabbage, greens, broccoli – chopped small

½ Deseeded scotch bonnet pepper or one teaspoon cayenne pepper (or as much you like!)

1 Green salad bell pepper

1 Large onion – chopped small

2 Tablespoons of peanut butter (I have yet to try the above alternatives!)

2 Teaspoons of oil, e.g., vegetable, sunflower, rapeseed, palm

2 Vegetable stock cubes

1 Small squeeze of fresh lemon juice

Mixed herbs

1 - 2 Cups of water (to just cover contents - dependent on pot size)

Instructions

1. Put oven on a high heat (e.g., gas mark 6, 200c).
2. Chop the yellow plantain and brush with oil and place on top shelf – check and turn to cook and brown all over.
3. Chop the green plantain and boil until soften but still firm.
4. Chop the onion and peppers and add them to a deep-frying pan or medium size pot.
5. Add the rest of the ingredients **EXCEPT** for the leafy green vegetables.
6. Boil the ingredients until the onions have softened.
7. **Lightly** steam the leafy green vegetables.
8. Add steamed vegetables to the onions and mix together and simmer for 5 minutes.

Eat with the cook plantain from the oven.

NOTE: when boiling the ingredients, if the mixture becomes too thick, add water to loosen.