

Ingredients

- 2 ½ pints / 1 ½ litres Vegetable stock
- 3 Cloves of garlic, crushed
- 2 Onions, chopped
- 450g Sweet potato, peeled and diced
- 1 x 400g Tin chick peas
- 170g Millet
- 1 tbsp (approximately) Soya sauce
- 115g Peanut butter
- 85g Chopped kale



- Juice of 1 lemon

Method

- 1 Heat a large saucepan and add 1-2 tbsp of vegetable stock.
- 2 Add garlic and onion and sauté until soft.
- 3 Add the rest of the stock, sweet potatoes, chick peas, millet and a drop or two of soy sauce. Simmer for 20 minutes.
- 4 Remove some of the stew liquid from the saucepan, blend with peanut butter and return to the saucepan.
- 5 Add the kale and cook for 5 min. Season to taste with lemon juice and soya sauce, adding a little at a time.