



CRISPY SMASHED POTATOES WITH ARUGULA AND LENTILS

SERVES 2 OR 4

TIME: 35 MIN

CALORIES: 830/SERVING



This meal is bright, refreshing, and comforting all at the same time. These insanely delicious smashed potatoes go perfectly with spicy arugula, earthy lentils, creamy tahini, and zingy lemon.

WHAT YOU'LL NEED

- Large pan
- Small pot

- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Lentils	1/2 cup	1 cup
Shallot	1	2
Garlic	3 cloves	6 cloves
Potatoes	1 lb	2 lbs
Arugula	4 cups	8 cups
Lemon	1	1
Tahini	3 tbsp	6 tbsp
Vegan butter with thyme	1/4 cup +1 tsp	1/2 cup +2 tsp



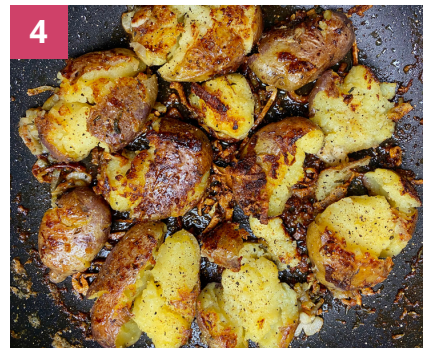
Prep your ingredients: thinly slice the **shallot** and **garlic**, cut the **lemon** into wedges, rinse the **lentils**, and halve the **potatoes**.



Add the **lentils** to a small pot along with 2 cups of **water** (4 cups for 4 servings). Bring to a boil, reduce heat to a very low simmer, cover and cook for 20-30 minutes until tender. Drain and set aside.



Meanwhile, add the **potatoes** to a large pan and just barely cover with water. Add in the **shallot**, **garlic**, **thyme butter**, 2 tbsp of **oil** (4 tbsp for 4 servings) and a generous pinch of **salt**. Bring to a simmer and cook until the potatoes start to caramelize and the liquid reduces.



Once the water has reduced and the potatoes are tender, smash them with a cup or mug and continue to cook and caramelize. Remove from heat and squeeze the **juice of half the lemon** over top.



Layer **half the arugula** on a platter then top with the **potatoes**, the **rest of the arugula**, and the **lentils**. Drizzle the **tahini** over top, and season with **salt** and **pepper**. Serve with the **remaining lemon wedges**.

Nutrition Facts		Valeur nutritive	
Per Serving (420 g)			
pour 1 (420 g)			
Calories 830		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 49 g			65 %
Saturated / saturés 10 g			50 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 83 g			
Fibre / Fibres 12 g			43 %
Sugars / Sucres 7 g			7 %
Protein / Protéines 22 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 240 mg			10 %
Potassium 1600 mg			34 %
Calcium 150 mg			12 %
Iron / Fer 7.5 mg			42 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			