



# MEDITERRANEAN POTATO, CHICKPEA & CAULIFLOWER SKILLET

SERVES 2 OR 4

TIME: 40 MIN

CALORIES: 580/SERVING



An easy one-pan dish that feels reminiscent of the Mediterranean, from the herbs, tomatoes, briny olives, bright lemon and creamy tahini. Full of healthy fats, carbohydrates and plant-based proteins, this meal is comforting and satisfying in the most nourishing way.

## WHAT YOU'LL NEED

- Oven-safe skillet (medium for 2 servings, large for 4 servings) OR
- Large pan AND oven-safe dish
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Onion	1	2
Garlic	2 cloves	4 cloves
Potatoes	2	4
Cauliflower	1/2 head	1 head
Chickpeas	1 cup	2 cups
Diced tomatoes	2 cups	4 cups
Green olives	1/4 cup	1/2 cup
Tahini	2 tbsp	4 tbsp
Parsley	1/4 bunch	1/2 bunch
Lemon	1	1
Spice blend	2 tsp	4 tsp



Prep ingredients: finely dice **shallot**, mince **garlic cloves**, dice **potatoes**, and break **cauliflower** into medium sized florets. Roughly chop **parsley** and cut **lemon** into wedges.



In skillet, heat 1 tbsp (2 tbsp for 4 servings) of **oil** over medium heat. Add **shallot** and sauté until translucent, about 3-5 minutes. Add **garlic**, **spice blend**, and **potatoes**. Season with **salt** and **pepper**, stir to combine, and sauté for 10 minutes until **potatoes** soften slightly.



Add the **cauliflower** and sauté for another 10 minutes until the **cauliflower** and **potatoes** begin to brown. Mix in the **chickpeas**.



Pour in the **diced tomatoes (with liquid)** and stir to combine. Season with **salt** and **pepper** and raise heat to medium-high. Cook until liquid has reduced slightly.



Meanwhile, preheat your oven to broil. Once **tomatoes** have reduced slightly, transfer the skillet to the oven. Broil for 5-10 minutes until the **potatoes**, **cauliflower**, and **chickpeas** are golden brown and begin to crisp.



Remove from the oven and allow to cool slightly. Drizzle the dish with **tahini** and top with **olives** and **parsley**. Serve with **lemon wedges** and **salt** and **pepper** to taste.

Nutrition Facts	
Valeur nutritive	
Per Serving (808 g)	
pour 1 (808 g)	
<b>Calories 580</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides</b> 18 g	24 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides</b> 93 g	
Fibre / Fibres 17 g	61 %
Sugars / Sucres 14 g	14 %
<b>Protein / Protéines</b> 19 g	
<b>Cholesterol / Cholestérol</b> 0 mg	0 %
<b>Sodium</b> 1070 mg	47 %
Potassium 1800 mg	38 %
Calcium 300 mg	23 %
Iron / Fer 7 mg	39 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	

If your pan isn't oven-safe, transfer everything into an oven-safe dish before broiling