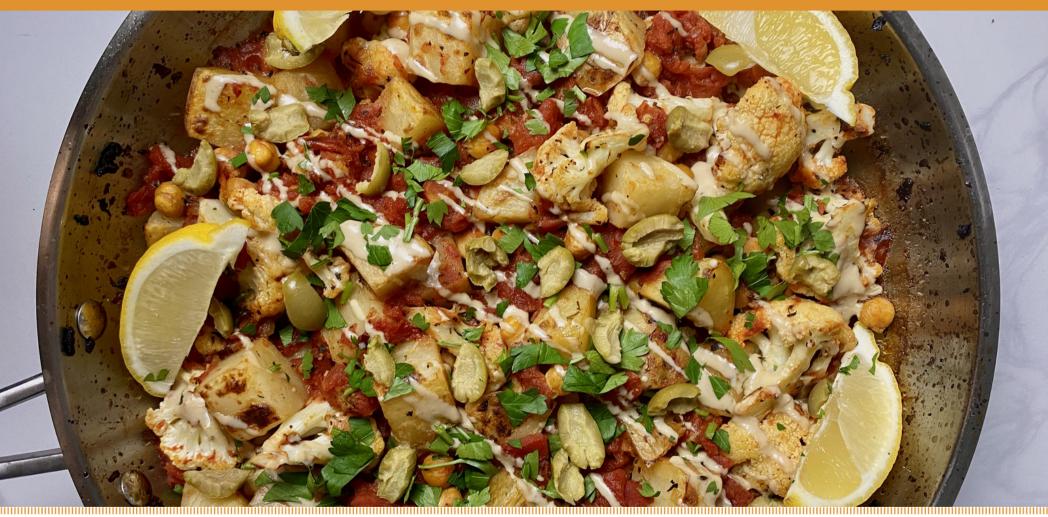


MEDITERRANEAN POTATO, CHICKPEA & CAULIFLOWER SKILLET

SERVES 2 OR 4
TIME: 40 MIN



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
- Salt - Pepper

- Oil



WHAT'S INSIDE 2 servings 4 servings Onion Garlic 2 cloves 4 cloves Potatoes 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 2 tbsp Tahini 4 tbsp Parslev 1/4 bunch 1/2 bunch Lemon Spice blend 2 tsp 4 tsp

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

Nutrition Facts

OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USF!



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.

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



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

*5% ou moins c'est peu 15% ou plus c'est beaucoup