



NUTRITION *per serving* 40g carbohydrates 33g fat 14g protein 291mg sodium | low-calorie, vegetarian, gluten-free, soy-free



Calories
486



Prep & Cook Time
30-40 min.



Cook Within
7 days



Difficulty
Intermediate



Spice Level
Not Spicy



HOME CHEF

Amaranth Bowl

with green beans, tomatoes, arugula, and Parmesan cheese

IN YOUR BOX

- ¾ Cup Amaranth
- 5 oz. Green Beans
- 2 Roma Tomatoes
- 1 Shallot
- 2 Garlic Cloves
- 1 oz. Pine Nuts
- 2 Tbsp. White Balsamic Vinegar
- 3 oz. Baby Arugula
- 1 oz. Shaved Parmesan

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Small Pot
- Medium Pan
- Mixing Bowl

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Thoroughly rinse produce and pat dry

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up! Amaranth** is used twice. 1 Tbsp. is popped first and remainder is cooked.
- If you have trouble popping **amaranth**, your pot may not be hot enough. If your pot doesn't have a cover, use a plate. When shaking pot, hover over burner grate to allow you to shake pot easily and evenly. If you accidentally burn popped amaranth, start over with another 1 Tbsp.
- **Shallots** are a delicious addition to **salad**, but add strong flavor. Add half at first, then remaining to taste.

FROM THE CHEF

When cooked, amaranth retains a bit of its crunchy exterior, but is tender inside.

Did you know...

Plant-based eaters rejoice! Simply omit shaved Parmesan from this recipe for a wholesome, vegan-friendly meal.

Amaranth was a staple of the Aztec diet, not least because of its superior nutritional benefit. To this day, popped amaranth is mixed with honey for a sweet snack in Mexico.



1

Pop the Amaranth

Place a small pot over high heat and have a cover ready. When pot is hot enough that a couple drops of **water** sizzle, add 1 Tbsp. **amaranth** and cover immediately. Hold cover and handle and shake pot vigorously over heat for 20 seconds. Uncover and immediately remove popped amaranth to a plate.



4

Cook Pine Nuts and Green Beans

Place a medium pan over medium heat and add **pine nuts**. Cook 3-5 minutes, stirring frequently, until golden and toasted. Remove to a plate and set aside. Add ¼ cup **water** to same pan and bring to a boil over high heat. Add ¼ tsp. **salt** and **green beans**. Cover and cook 2-3 minutes, or until beans begin to get tender. Set aside to cool.



2

Cook the Amaranth

Pour 1 cup **water** in pot used to pop amaranth, cover, and bring to a boil. Add ¼ tsp. **salt** and remaining **amaranth**. Return to a boil, reduce heat to medium, cover, and cook 18 minutes. Uncover and cook 2-4 more minutes, or until remaining water evaporates. Amaranth should be tender, but with a slightly crunchy exterior. *It will look like wet sand.* Remove from heat and set aside.



5

Make the Salad

Combine **vinegar**, **garlic**, 3 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper** in a large mixing bowl. Taste and add more **salt** and **pepper** if needed. Add **Roma tomatoes**, **arugula**, **shallots** (to taste), and **green beans** and toss to combine.



3

Prepare the Remaining Ingredients

Trim **green beans** and cut into 1" pieces. Cut **Roma tomatoes** into ½" dice. Peel and halve **shallot**. Slice thinly. Mince **garlic**.



6

Plate the Dish

Spread **amaranth** on a plate. Place **salad** on top and garnish with **Parmesan cheese**, **pine nuts**, and **popped amaranth**.