



NUTRITION *per serving* 90g carbohydrates 26g fat 16g protein 1068mg sodium | vegetarian



Calories
639



Prep & Cook Time
25-35 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Mild

IN YOUR BOX

4 Garlic Cloves
1 Chayote
15 ½ oz. Canned Chickpeas
12 Parsley Sprigs
14 oz. Sweet Potato
1 tsp. Dried Oregano
½ fl. oz. Red Wine Vinegar
¼ tsp. Red Pepper Flakes
2 oz. Baby Arugula

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Wire-Mesh Strainer
Mixing Bowl
Medium Non-Stick Pan



Chimichurri & Sweet Potato Bowl

with chickpeas and chayote squash

www.homechef.com/3779

BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **425 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Place a wire-mesh strainer in the sink

WHILE YOU COOK

- ☐ **Heads Up!** Red pepper flakes are used twice. Half are added to **chimichurri** and remaining are added to **chayote**.
- ☐ **Spice Alert!** Speaking of red pepper flakes, a little goes a long way, so use to taste in both instances!

FROM THE CHEF

Chayote is a squash similar in flavor and texture to zucchini. It can be peeled, if you prefer, but the skin is perfectly edible.

Did you know...

In the town of San Bernardo, Colombia, many local residents are convinced that a chayote-rich diet caused the natural mummification of their deceased neighbors. 14 mummies are displayed in the local mausoleum; chayote does not explain how their clothes were preserved as well as their hair and skin. The actual reason for the mummification remains a mystery.



Prepare Ingredients and Roast Garlic

Halve **garlic** and wrap in foil with 1 tsp. **olive oil**. Leave an opening on top of foil packet. Place directly on oven rack and roast until tender and lightly browned, 12-15 minutes. Halve **chayote** and remove seed from each half. Halve chayote pieces lengthwise and slice across width into ¼” pieces. Drain and rinse **chickpeas**. Stem and mince **parsley**. While garlic roasts, roast sweet potatoes.



Roast the Sweet Potatoes

Cut **sweet potato** into ¼” dice and place on prepared baking sheet. Toss to coat with 1 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Spread into a single layer and roast until tender and lightly browned, 15-18 minutes. While sweet potatoes roast, make chimichurri.



Make the Chimichurri

Place **roasted garlic** in a medium mixing bowl. Mash with a fork or back of a spoon into a paste. Add **parsley**, **oregano**, **red wine vinegar**, **half the red pepper flakes** (to taste) (reserve remaining for chayote) and 3 Tbsp. **olive oil**. Stir and season with a pinch of **salt** and **pepper**. Set aside to let flavors marry.



Toast the Chickpeas

Heat 1 tsp. **olive oil** in a medium non-stick pan over medium heat. Add **chickpeas** to hot pan and cook, stirring often, until lightly toasted, 6-7 minutes. Season with a pinch of **salt** and **pepper** and transfer to bowl with **chimichurri**. Reserve pan; no need to wipe clean.



Cook the Chayote

Return pan used to toast chickpeas to medium-high heat. Add 1 tsp. **olive oil** and **chayote** to hot pan. Cook, stirring occasionally, until softened and slightly caramelized, 4-6 minutes. Season with ¼ tsp. **salt** and remaining **red pepper flakes** (to taste). Transfer to bowl with **chimichurri** and **chickpeas**.



Plate the Dish

Add cooked **potatoes** to bowl with **chickpeas** and **chayote** and toss to coat. Season mixture with a pinch of **salt** and **pepper**. Gently stir in **arugula**. Serve in a bowl or on a plate.