



RECIPE | CUCUMBERS

STUFFED SWEET POTATOES



35 min

5 min
PREP.

30 min
COOKING



2

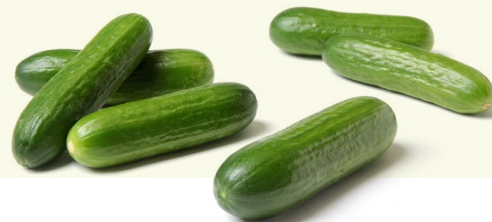


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INGREDIENTS

1 lb Pure Flavor® Poco Bites®, sliced
2 sweet potatoes, halved
1 19 oz can of chickpeas, rinsed and drained
½ oz fresh parsley, chopped
6 oz gai lan
2 tbsp white miso paste

1 tbsp white vinegar
1 lemon, juiced and halved
2 tsp white sesame seeds
2 tsp red chili pepper flakes (optional)
3 tbsp olive oil
salt and pepper



DIRECTIONS

- 1 Preheat the oven to 425°F. Slice the sweet potatoes in half lengthwise, transfer to a baking sheet. Rub sweet potatoes with olive oil, season with salt and pepper and place cut side down and roast until tender, 25 to 30 minutes.
- 2 Drain and rinse the chickpeas. Halve and juice the lemon into a small bowl. In a large bowl, combine the chickpeas, sliced cucumbers, parsley leaves, 1 tbsp lemon juice, olive oil, and a pinch of salt. Toss cucumber and chickpea mixture to combine.
- 3 In a medium bowl, combine the white miso paste, white vinegar, 1 tsp of lemon juice, and 2 tbsp water. Whisk until smooth.
- 4 Slice the gai lan and chop it into bite-size pieces. Heat a large nonstick skillet with 1 tsp of olive oil over medium-high heat. Add the chopped gai lan, 2 tbsp of water and cook until bright green and crisp-tender, 2 to 3 minutes.
- 4 Remove the roasted sweet potatoes from the oven. Stuff them with the cooked gai lan and cucumber chickpea salad. Sprinkle with sesame seeds and red chili pepper flakes if desired.

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