

RECIPE | CUCUMBER



# STUFFED SWEET POTATOES



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## INGREDIENTS

- 1 lb** Pure Flavor® Poco Bites®, sliced
- 2** sweet potatoes, halved
- ½ 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



**35 min**

**5 min**  
PREP.

**30 min**  
COOKING



**2**



**easy**

## DIRECTIONS

- 1 Preheat 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.
- 5 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.