

**Product Spotlight:
Baby Spinach**

Baby spinach is harvested earlier than regular spinach and is low in calories and fat-free, yet loaded with nutrients including vitamins A and K, and folate!



Spinach and Artichoke Stuffed Potatoes

Golden and crispy roasted potatoes, stuffed with a creamy and flavourful spinach and artichoke filling, served with greens and garnish with fresh chives.



45 minutes



2 servings



Vegetarian

Switch it up!

Cut potatoes into wedges and use the spinach and artichoke filling to make loaded wedges!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	43g	42g	135g

FROM YOUR BOX

MEDIUM POTATOES	3
BROCCOLI	1
LEMON	1
BROWN ONION	1
ARTICHOKES	400g
RANCH SPICE MIX	1 packet
BABY SPINACH	60g
CREAM CHEESE	1 tub
CHIVES	1 bunch

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan with lid, oven tray

NOTES

Potatoes can be cooked in an air fryer or in the microwave.

Use hands to squeeze excess moisture out of artichokes.

Ranch spice mix: onion powder, ground garlic powder, dried dill tops, dried thyme, dried parsley.



1. ROAST THE POTATOES

Set oven to 220°C.

Halve **potatoes**. Add to a lined oven tray. Coat with **oil, salt and pepper**. Roast (see notes) for 20–30 minutes until golden and tender.



4. MIX IN CREAM CHEESE

Reduce heat to medium. Add **cream cheese**, juice from 1/2 **lemon** (wedge remaining) and 1/2 **cup water**. Mix to combine. Season to taste with **salt and pepper**.



2. COOK THE BROCCOLI

Heat a large frypan over medium-high heat with **oil**. Cut **broccoli** into florets. Add to pan as you go along with **lemon** zest (reserve remaining lemon) and 1/4 **cup water**. Cook, covered, for 3 minutes until broccoli is tender. Remove and season with **salt and pepper**.



5. STUFF THE POTATOES

Serve potatoes cut-side up on plates. Use a fork to press down the centre of the potatoes. Spoon in filling.



3. SAUTÉ THE FILLING

Dice **onion**. Add to reserved pan with extra **oil** and cook for 3 minutes. Drain **artichokes** (see notes) and roughly tear. Add to pan along with **ranch spice mix** and **spinach**. Cook for 2 minutes to wilt spinach.



6. FINISH AND SERVE

Finely slice **chives**.

Add broccoli to plate. Garnish stuffed potatoes with chives and serve with lemon wedges.



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