




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.

 30 minutes

 4 servings

 Vegetarian

Switch it up!

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

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve:	35g	29g	110g

FROM YOUR BOX

MEDIUM POTATOES	1kg
BROCCOLI	1
GREEN BEANS	250g
LEMON	1
BROWN ONION	1
ARTICHOKES	2 x 400g
RANCH SPICE MIX	1 packet
BABY SPINACH	120g
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.



2. COOK THE BROCCOLI

Heat a large frypan over medium–high heat with **oil**. Cut broccoli into florets, trim and halve beans. 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**.



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.



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**.



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.



6. FINISH AND SERVE

Finely slice chives.

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



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