



Potato & Pepper Stir fry

Cook Time: 25 Minutes

Our favorite! Organic chickpeas sautéed with crisp potatoes, carrots and peppers, and seasoned with lemon & rosemary.

Ingredients are subject to
availability

Potato & Pepper Stir fry

Ingredients:

potatoes
carrots
seasoning
onion
bell pepper
2 cloves garlic
1 sprig fresh rosemary
chickpeas
lemon

Instructions:

1. Scrub the potatoes under water, and chop into 2 inch cubes. Place 1-2 tablespoons oil and potatoes in a large, deep non-stick skillet with a tight fitting lid on high heat; season with salt and pepper. When the skillet gets hot and starts to sizzle, reduce heat to low and cook with a tight lid for about 5 minutes.
2. Scrub and slice the carrots into thin rounds. Add the carrots and spice mix to the skillet and sauté on medium heat, stirring occasionally, about 5-7 minutes.
3. Meanwhile, slice the onion and bell pepper, and chop the garlic and rosemary needles. Then add to the skillet and season with salt and pepper. Continue cooking, stirring occasionally until onions and peppers become slightly browned and potatoes are tender.
4. Add chickpeas and a good squeeze of lemon juice; toss until combined and heated through.
5. Divide the vegetables between plates, serve hot. Enjoy!