



Mark's Kitchen

Veggie Stir-Fry with Smashed Potatoes



READY IN
30 minutes



SERVES
2

Craving some comfort food? We've got you covered. This dish is deliciously

comforting, guilt-free, and perfect for vegetarians and meat eaters! Enjoy for lunch or dinner, or serve with eggs for breakfast. Yummy!

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– INGREDIENTS –

- ½ pound green beans
- ½ pound (1 large crown) broccoli
- 1 medium sized carrot, cut into thin rounds
- 1 medium sized red onion, sliced thin
- 2 cloves garlic, thinly sliced
- 2-3 tablespoons ume plum vinegar
- For the Smashed Potatoes:
 - 1 pound yams or sweet potato
 - 1-inch piece of ginger, peeled
 - Juice of one lime
 - ¼ cup coconut oil
 - Garnish:
 - ¼ cup cilantro leaves
 - 4 ounces dry roasted cashews, roughly chopped
 - 2 tablespoons toasted sesame oil



Step 1: Peel and cut the potatoes into large cubes. Add to a medium sized sauce pan with 1 cup of water and cover. On medium-high heat, steam the potatoes until they can be easily pierced with a knife, about 5-6 minutes. Remove from the heat and use a potato masher to smash the potatoes un'l chunky. Grate the ginger into the potatoes and add the lime juice and 2 tablespoons of the coconut oil. Mix well to incorporate. Set aside and keep warm.



Step 2:

While the potatoes steam, heat 8 cups of salted water in a large pan over medium heat until it comes to a simmer. In batches, blanch the green beans and broccoli just until soft, about 2-3 minutes, and then place into a bowl of ice water to stop the cooking process. Once cooled, drain well, and set aside.



Step 3: Heat a large skillet and add the remaining coconut oil. Cook the onions for 2 to 3 minutes before adding the carrot and garlic. Stir to incorporate, and then add the green beans and broccoli. Stir well until all is evenly heated. Add the ume plum vinegar (to taste) and cover to steam for 1 minute.



Step 4:To serve, divide the smashed potatoes onto 2 plates and top each serving with the stir fry. Garnish with the cilantro, cashews, and a drizzle of toasted sesame oil.

📄 Nutritional analysis per serving

Calories 678 • Total fat 54 g • Fiber 8 g • Protein 14 g • Sodium 4,780 mg Note: For low

sodium option, omit vinegar

– MORE FROM MARK –

[Fed Up Food Education Kickstarter](#)

I'm excited to share that the Fed Up team is embarking on the next phase of the film's social action campaign! Food Education in Schools. Imagine if we could give every teacher in America the tools they needed to offer a quality food education to their students. We've heard so many of you--parents, students, and teachers--about how FED UP has inspired you to change that you've challenged us to make the film widely available to schools. We heard you and we're ready to meet that challenge, but we're going to need your help. Everyone deserves access to healthy food education! [Click here](#) to learn more.

