



## Steakhouse Baked Potato w/ Cauliflower & Chickpea Stuffing

### Ingredients

- 3 oz Chickpeas
- 1 ea Baking Potato
- 3 oz Cauliflower
- 3 oz Yellow Onion
- 1 oz Fresh Chopped Garlic
- 1 oz Butter
- 2 tsp Herbs & Spices
- 2 oz Sour Cream
- 2 oz Shredded Cheese

### Kitchen Tools Needed

- 12" Sauté pan (nonstick if available)
- Rubber Spatula / Flat Spoon
- Chef's Knife
- Cutting Board
- Paper Towels
- Large Mixing Bowl

### At Home Ingredients

- 4 tbl Olive Oil
- To taste Kosher Salt (for chicken & pasta water)
- To taste Fresh Ground Black Pepper (for chicken & pasta water)

### **Prepare to Cook**

When you receive your meal prep box, remove all items and organize on the work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for 'things in place') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

### **Step 1. Baking Potato**

Begin by washing your potato under cold running water and pat dry. Preheat your oven to 400°F. When the oven is at the proper temperature, place **Potato** in the middle rack of the oven and cook for 40-45 minutes. You can check doneness with a bamboo skewer or knife. When the potato is pierced the object will move easily through the center of the potato with little resistance. When the potato is done, remove from the oven and let cool.

## **Step 2. Cutting Vegetables**

While the potato is cooking, begin to chop your vegetables. Remove the ends of the **Yellow Onion**. Cut the onion in half and remove the outer layer. Following the curvature of the onion, make slices into the onion. When complete, proceed to chop the onion from the top to produce a small dice. When this is complete, measure and place in a container for sautéing later. Place the **Cauliflower** onto a cutting board and rough chop until the cauliflower is in ½ " x ½" pieces. Reserve 3 oz of onion and pepper for the dish.

## **Step 3. Cooking Vegetables and Stuffing Potato**

Add 3 tbs of olive oil to a medium sized sauté pan. Turn heat to medium-high. When oil has reached proper temperature, sauté onions and cauliflower until caramelized (approximately 6 to 8 minutes). Once vegetables are caramelized, add **Garlic** and cook for an additional 2 minutes. When complete, transfer caramelized vegetables to a large mixing bowl. When the potato is ready to be handled, place it on a cutting board in a natural resting position. This will determine the bottom and top of the potato. Cut ½ " off the top of the potato. Begin to spoon out the center of the potato and place into a large mixing bowl. Scoop out enough potato to make the cavity large enough for the stuffing mixture to be returned into the potato. When potato filling is scooped into a bowl, add **Herbs and Spices, Chickpeas, Sour Cream** and **Butter**, and then season it with salt and pepper. Mash filling to desired consistency of smashed potatoes. Taste and adjust seasoning to your liking. Transfer the filling back into the cavity of the potato.

## **Step 4. Twice Baked and Plating**

When the potato is stuffed, sprinkle shredded cheese on top and place onto the baking pan. Place the pan in the oven and cook for an additional 15 minutes. When cheese is melted and golden brown, remove potato from oven and serve!