

sauteed chayote squash and potatoes

TIME: 20 MIN SERVINGS: 4

INGREDIENTS

- 1 chayote
- 1 golden potato
- 2 shallots
- 1 clove of garlic
- 1 Tbsp. fresh mint, coarsely minced
- 6 Tbsp. olive oil



Adapted from: SAUTEED CHAYOTE SQUASH AND POTATOES RECIPE (philosokitchen.com)

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PROCEDURE

1. Wash and dry the chayotes and potatoes, cut them in half, then slice into thin slices.
2. Peel and slice the shallots as well. Peel and crush the cloves of garlic.
3. Now, pour the olive oil into a large frying pan, and place over high heat.
4. When the oil is very hot, but not smoky, pour into the pan potato, chayote, garlic, and shallots. Stir-fry, frequently stirring, until all the ingredients are well cooked, golden brown, but still crispy.
5. Finally, add salt as needed, and complete with black pepper and fresh mint.
6. Serve immediately.



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