MEXICAN · DINNER · LUNCH

# Pipián Verde with Chayote, Green Beans and Zucchini

45 min · Serves 6 · 360 kcal a serve · Video 6:39 · Pati Jinich

Gluten-free ingredients · No dairy listed · No nuts listed

15 g protein and 10 g fibre a serve from a pumpkin-seed and sesame sauce over three green vegetables, with no flour, sugar or dairy.

**Diet notes:** Vegan if you leave out the chicken or vegetable broth; Vegetarian with a swap for the chicken or vegetable broth; Low saturated fat (3.7 g, 9% of the energy); Paleo with a swap: olive, avocado or coconut oil instead of the vegetable oil.

**Scan for the video,** full nutrition and more free recipes

## Ingredients 17 · SERVES 6

- [ ] 1 lb **tomatillos**, husked and rinsed
- [ ] 3 **garlic** cloves
- [ ] 2 **jalapeño or serrano chiles**, stemmed
- [ ] 1⅓ cups **hulled raw pumpkin seeds** (pepitas)
- [ ] ⅓ cup **sesame seeds**, lightly toasted
- [ ] 3 **scallions**, white and light green parts
- [ ] **Coriander leaves**: 1 cup packed cilantro leaves and upper stems
- [ ] 1 cup **parsley leaves**
- [ ] 10 **fresh epazote leaves**
- [ ] ½ cup **radish leaves**
- [ ] 2 tsp **kosher salt**
- [ ] 3 tbsp **vegetable oil**
- [ ] 3 cups **chicken or vegetable broth**
- [ ] 1 lb **chayote**, peeled and cut into matchsticks
- [ ] 1 lb **green beans**, cut into 1½-inch pieces
- [ ] 1 lb **zucchini**, in half-moons
- [ ] 3 **radishes**, thinly sliced, to garnish

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Allergens found in the listed ingredients:** Sesame. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Simmer the tomatillos, garlic and chiles in a pot of water until the tomatillos are soft and mushy. 0:20
2. Toast the pumpkin seeds in a skillet over medium-low heat until they pop and turn golden, then toast the sesame seeds. Let cool and grind to a fine powder. 1:03
3. Blend the ground seeds with the tomatillos, garlic, chiles, 1 cup of their cooking water, the cilantro, parsley, epazote, radish leaves, scallions and 2 tsp salt until smooth. 2:11
4. Heat the oil in a large pot until very hot, pour in the purée, then stir in the broth. Simmer about 30 minutes, scraping the bottom often, until thick and the fat rises in little pools. 3:46
5. Meanwhile blanch the chayote and then the green beans in salted boiling water for a couple of minutes each, keeping some crunch. 4:37
6. Add the zucchini to the sauce and cook a few minutes, then stir in the green beans and chayote. Serve garnished with sliced radishes. 5:44

> **Tip** Pati serves it with white rice and warm corn tortillas (not in the numbers). Use vegetable broth for a vegan pipián, and avocado or olive oil instead of vegetable oil for paleo.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 6 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE |
|---|---|---|
| 360 kcal | 15 g | 24 g |
| 1,500 kJ | 29% of a day | 14 g net · 10 g sugars |
| | | 9% of a day |

| FIBRE | FAT | SODIUM |
|---|---|---|
| 9.7 g | 27 g | 1,100 mg |
| 35% of a day | 3.7 g saturated | 48% of a day |
| | 34% of a day | |

**Energy from** net carbs 16% · protein 17% · fat 67% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Vitamin K 112% · Magnesium 63% · Vitamin C 58% · Omega-3 48% · Zinc 34% · Iron 33% · Vitamin B6 31% · Folate 27% · Potassium 23% · Vitamin E 20%

**Source of** (10–19%) Calcium 13% · Selenium 13%

**Recipe and video:** Pati Jinich on YouTube — youtube.com/watch?v=ddBHSGx1Ots. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pipian-verde-con-verduras