

# Veggie Hash with Corn and Onions

Swick

Makes 4 servings | Active Time: 20 minutes | Total Time: 25 minutes

## Chef's Notes

\*Achiote paste is a cooking condiment used to add red color and a mild chili flavor to dishes. You can find it in a Mexican or Latin market or at an online retailer. It is often sold as a spice cake and is a mix of achiote and several other spices. If you can't find it, use mild chili powder with a squeeze of lime instead, or paprika for color.

\*\*Culantro coyote, also known as fitweed, Mexican coriander, bhandhanya, and ngò gai, is an herb related to cilantro, but it has a much stronger flavor. Native to Mexico and South America, it's cultivated and used around the world in Latin American, Caribbean, and Asian cooking. You can find it in ethnic grocery stores. Cilantro has a stronger smell and flavor when uncooked, while culantro has a stronger flavor and smell after it's cooked. So use culantro coyote at the start of making a stew or picadillo, and use cilantro toward the end to finish the dish. If you can't find culantro coyote, use more cilantro (at least double), and possibly the addition of other aromatics like onion, parsley, and mint.

## Step 1: Making the Dish

- 1 large chayote squash, peeled, pitted, and diced
  - 3 ears corn, kernels removed, or 1/2 pound frozen sweet corn kernels
  - 3 sweet red or yellow peppers, seeded and diced
  - 1/2 sweet onion (like Vidalia), minced
  - 4 teaspoons cilantro
  - 4 teaspoons chopped culantro coyote\*\*
  - 1 celery stalk, diced
  - 2 cloves garlic, minced
  - 1 cup water
  - 1 teaspoon achiote paste\*
  - Salt and pepper (optional)
- In a large sauté pan or pot, combine all ingredients together, including salt and pepper to taste, if using; cook over medium heat until there is about a 1/4 cup of "gravy" at the bottom of the pan, about 15-20 minutes.