



Product Spotlight: Edamame Beans

Edamame pack more protein than an egg, making them a tiny-but-mighty choice for both meals and snacks. Their creamy texture and nutty flavour, so they are nutritious and delicious.



Californian Sweet Potato Salad

A colourful plant-based salad of roasted sweet potato and carrot, massaged kale, creamy avocado, and edamame beans, finished with cranberries, pecans, and a tangy harvest dressing for a fresh and wholesome meal.



40 minutes



Plant-Based



2 servings

Bulk it up!

To bulk up this dish, add roasted chickpeas, pepitas, or capsicum, fresh cherry tomatoes or cucumber.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	24g	32g	64g

FROM YOUR BOX

SWEET POTATOES	500g
CARROT	1
GARLIC CLOVE	1
LEMON	1
HARVEST DRESSING	100g
KALE	1 bunch
EDAMAME BEANS	125g
AVOCADO	1
CRANBERRY & PECAN MIX	100g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, ground coriander

KEY UTENSILS

oven tray

NOTES

Add a drizzle of balsamic glaze or pomegranate molasses to the roasted vegetables for a flavour punch.



Scan the QR code to submit a Google review!



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice **potato** and chop **carrot**. Toss on a line oven tray with **oil**, **2 tsp coriander**, **salt and pepper**. Roast for 25–30 minutes until tender.



2. MAKE THE KALE DRESSING

Crush **garlic** and zest **lemon**. Add to a large bowl along with **juice from 1/2 lemon** (reserve remaining), **2 tsp harvest dressing**, **1 tbsp olive oil**, **salt and pepper**.



3. MASSAGE THE KALE

Roughly chop **kale** (we used 1/2 bunch kale) and add to bowl. Massage **kale** into the dressing for 1–2 minutes to tenderise the **kale**.



4. LOOSEN THE DRESSING

Add remaining **harvest dressing** to a bowl along with **2 tsp water**. Whisk to loosen dressing.



5. PREPARE THE INGREDIENTS

Drain **edamame beans**, slice **avocado**, and roughly chop **cranberry and pecan mix**. Wedge remaining **lemon**.



5. FINISH AND SERVE

Divide **kale** among shallow bowls. Top with **roasted vegetables** (see notes), **edamame beans**, **avocado** and **cranberry and pecan mix**. Serve with **lemon wedges** and drizzle over **harvest dressing**.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0448 042 515** or email **hello@dinnertwist.com.au**

