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DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Edamame Beans

Edamame are young soybeans, picked while still green and tender. Steam or boil the pods, then squeeze the beans straight out - they have a creamy texture and a mild, nutty flavour.

Californian Sweet Potato Bowl

with Edamame Beans

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

35 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
	14g	35g	55g

FROM YOUR BOX

SWEET POTATO	500g
GARLIC CLOVE	1
LEMON	1
HARVEST DRESSING	100g
KALE LEAVES	4
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 sweet potato for a flavour punch.

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1. ROAST THE SWEET POTATO

Set oven to 220°C.

Dice **sweet potato**. Toss on a line oven tray with **oil, 2 tsp coriander, salt and pepper.** Roast for 25 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 leaves** and add to bowl. Massage into the dressing for 1-2 minutes to tenderise.



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**.



6. FINISH AND SERVE

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

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