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 | 4/6 servings

Bulk it up!

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

	PROTEIN	TOTAL FAT	CARBOHYDRATES
Per serve 4/6 Person:	15g	35g	54g/58g

FROM YOUR BOX

	4 PERSON	6 PERSON
SWEET POTATOES	1kg	1.5kg
GARLIC CLOVES	2	2
LEMON	1	1
HARVEST DRESSING	100g	2 x 100g
KALE	1 bunch	1 bunch
EDAMAME BEANS	2 x 125g	3 x 125g
AVOCADOS	2	3
CRANBERRY & PECAN MIX	100g	2 x 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 potatoes**. Toss on a line oven tray with **oil, 3 tsp coriander, salt and pepper.** Roast for 25 minutes until tender.

6P - use 1 tbsp coriander.



2. MAKE THE KALE DRESSING

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

6P - add 1 tbsp water.



5. PREPARE THE INGREDIENTS

Drain **edamame beans,** slice **avocados** 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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