



BLACKENED SWEET POTATO BOWLS

with dirty rice, pecans & paprika-Dijon aioli

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 750	MENU VEGAN // GLUTEN-FREE
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A sprinkle of bold, peppery Cajun-style blackening spices is just the ticket for livening up roasted sweet potatoes. In these colorful vegan bowls, the seasoned root veggies are piled over dirty rice with tomato, corn, and celery. It's all drizzled in our paprika-Dijon aioli for tangy richness, then topped with crunchy pecans and fresh scallion. Want to add a little brightness? Finish the dish with a squeeze of fresh lime.

INGREDIENTS (11 ITEMS)

- 10 ¼ oz **Sweet potatoes**
- 1 tsp **Blackening spices**
- ½ cup **Jasmine rice**
- 1 whole **Roma tomato**
- 2 ¾ oz **Corn**
- 1 ¾ oz **Celery**
- 2 oz **Yellow onions**
- 1 whole **Scallion**
- 1 whole **Lime**
- ½ oz **Pecans** T
- 2 oz **Vegan paprika-Dijon aioli**

WHAT YOU'LL NEED

- small pot with lid
- large sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- microplane
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- T TREE NUTS (pecans)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Preheat oven to 425 degrees.
- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2 SEASON & ROAST SWEET POTATOES

- Place **sweet potatoes** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with **blackening spices**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Stir to coat.
- Spread **sweet potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-22 minutes, or until sweet potatoes are fork tender, stirring halfway through.



3 PREP

- Small dice **celery** into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Thinly slice **scallion** at an angle; discard root end.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Halve **lime**.
- Roughly chop **pecans** if necessary.



4 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons cooking oil in a large sauté pan over medium heat. Add **corn**, **celery**, and **yellow onions** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Cook 3-4 minutes, or until corn and onions are lightly browned, stirring occasionally.
- Add **tomato** and about half of the **scallion**. Cook 2-3 minutes, or until celery is tender, stirring occasionally. Remove from heat.



5 MAKE DIRTY RICE

- Transfer **rice** to pan with **veggies**. Sprinkle with **lime zest**. Salt and pepper to taste.* Stir to combine.

**Taste the dirty rice after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*



6 PLATE YOUR DISH

- Divide **dirty rice** between bowls. Top with **blackened sweet potatoes**. Drizzle with **vegan paprika-Dijon aioli** to taste. Sprinkle with **pecans** and remaining **scallion**. Garnish with **lime wedges**. Enjoy!

Nutrition Facts

2 Servings per container

Serving size (447g)

Amount per serving

Calories 750

	% Daily Value*
Total Fat 39g	50%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 570mg	25%
Total Carbohydrate 90g	33%
Dietary Fiber 8g	29%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 4mg	20%
Potassium 841mg	20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Sweet potatoes, Blackening spices (paprika, dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt), **Jasmine rice, Corn, Scallion, Yellow onions, Roma tomato, Lime, Celery, Vegan paprika-Dijon aioli** (vegan mayonnaise [sunflower oil, aquafaba (water, chickpea, kombu seaweed), distilled vinegar, salt, sugar, lemon juice, white pepper], dijon mustard [grain vinegar, water, mustard seed, salt, spices], sweet paprika, smoked paprika, dried thyme, dried basil, dried oregano, white pepper, granulated garlic, lemon juice), **Pecans**

Allergen information:

Contains Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.