



**GREEN
CHEF**

ROASTED SWEET POTATO RICE BOWLS

with edamame, rainbow carrots, pickled ginger & peanut sauce

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

770

MENU

GLUTEN-FREE

The key to mouthwatering sweet potatoes is to drizzle them with an extra burst of flavor during their last few minutes of roasting. Tonight we toss them with a honey-peanut sauce featuring hints of ginger and lime. The heat of the oven thickens the glaze to a sticky-sweet coating, while a handful of chopped peanuts turns toasty and rich. It's all piled over sushi rice studded with protein-packed edamame for a filling finish.

INGREDIENTS (10 ITEMS)

10 oz **Sweet potatoes**
 ½ cup **Sushi rice**
 2 ¾ oz **Edamame** S
 1 ½ oz **Rainbow carrots**
 1 ¼ oz **Pickled ginger**
 1 whole **Scallion**
 ½ oz **Honey**
 1 oz **Dry-roasted peanuts** P
 2 ½ oz **Ginger-lime peanut sauce** P T S
 1 ¼ oz **Sesame tamari sauce with ginger** S

WHAT YOU'LL NEED

small pot with lid
 baking sheet
 mixing bowls
 measuring cup & spoons
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

S SOY
P PEANUTS
T TREE NUTS (coconut)



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 greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE & EDAMAME

- Preheat oven to 425 degrees.
- Bring **sushi rice**, **edamame**, about ½ teaspoon salt, and 1 ½ cups water to a boil in a small pot. Stir. Reduce heat to medium-low and cover pot with lid. Simmer 15-18 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes.

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** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to evenly coat. Spread out in a single layer.
- Transfer baking sheet to oven. Roast 15-17 minutes, or until sweet potatoes are just tender, stirring halfway through.

See Step 6 to finish.



3 PREP

- Mince **pickled ginger**.
- Roughly chop **dry-roasted peanuts**.
- Thinly slice **scallion**; discard root end.

4 MAKE GARNISH

- Place **rainbow carrots*** and **ginger** in a medium bowl. Lightly season with salt. Stir to combine.

**Your carrots may be a different color. Either way, this dish will still be delicious!*



5 MAKE HONEY PEANUT SAUCE

- Place **honey** and about half of the **peanuts** in a small bowl. Add about 2 tablespoons of the **ginger-lime peanut sauce**. Stir to combine.

6 FINISH SWEET POTATOES

- Drizzle **honey peanut sauce** over **sweet potatoes**. Stir to evenly coat. (**Careful! Baking sheet is hot!**) Return baking sheet to oven. Roast 3-5 minutes, or until sweet potatoes are fork tender.



7 FINISH RICE

- Fluff **rice** with a fork. Add **sesame tamari sauce with ginger**. Stir to combine.

8 PLATE YOUR DISH

- Divide **rice with edamame** between bowls. Top with **roasted sweet potatoes** and **carrot and pickled ginger garnish**. Drizzle with remaining **ginger-lime peanut sauce**. Sprinkle with **scallion** and remaining **peanuts**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (383g)

Amount per serving

Calories 770

	% Daily Value*
Total Fat 31g	40%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1210mg	53%
Total Carbohydrate 106g	39%
Dietary Fiber 8g	29%
Total Sugars 23g	
Includes 7g Added Sugars	14%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 144mg	10%
Iron 4mg	20%
Potassium 1042mg	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:

Sushi Rice, Pickled Ginger [organic ginger, organic cane sugar, organic rice vinegar, water, salt, citric acid], **Edamame, Rainbow Carrots, Scallions, Honey, Sweet Potatoes, Peanuts** [peanuts, canola oil], **Sesame Tamari Sauce** (Garlic, Gluten-Free Tamari Sauce [water, organic soybeans, salt, organic alcohol (to preserve freshness)], Rice Wine Vinegar [rice vinegar (water, rice), salt], Puréed Ginger [organic ginger], Crushed Red Pepper Flakes, Agave [blue agave nectar], Lemon Juice [lemon], Sesame Oil [organic sesame seed oil], Toasted Sesame Oil [organic toasted sesame oil]), **Ginger-Lime Peanut Sauce** (Peanut Butter [peanuts], Coconut Milk [coconut milk, water, xanthan gum], Maple Syrup, Gluten-Free Tamari Sauce [water, organic soybeans, salt, organic alcohol (to preserve freshness)], Sunflower Oil, Puréed Ginger [organic ginger], Red Onions, Toasted Sesame Oil [organic toasted sesame oil], Granulated Garlic, Sriracha Sauce [roasted red peppers, tomato paste, vinegar, fresh jalapeño peppers, filtered water, pear juice concentrate, sea salt, Sriracha seasoning blend, smoked serrano powder, additional spices], Lime Juice [lime], Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Soy, Tree Nuts And Peanuts

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.