



ROASTED SWEET POTATO FARRO BOWLS

chickpeas, kale, feta, pistachios, turmeric ginger vinaigrette

COOK TIME
45 MIN

SERVINGS
2

CALORIES PER SERVING
1130

These bountiful bowls are brimming with superfoods—and bold flavors to match! Farro, a fiber-rich ancient grain, is tossed with nourishing green kale and feta cheese for a pop of creaminess. Tender roasted sweet potatoes and chickpeas are piled on top for a filling finish, while a turmeric-spiced ginger vinaigrette lends an earthy, tangy kick to every forkful.

INGREDIENTS (9 ITEMS)

- ¾ cup **Farro** W
- 1 whole **Vegetable stock concentrate**
- 1 tsp **Paprika & orange spice blend**
- 13¼ oz **Garbanzo beans (chickpeas)**
- 10¼ oz **Sweet potatoes**
- ½ oz **Pistachios** T
- 3½ oz **Green kale**
- 4 oz **Turmeric-spiced ginger vinaigrette**
- 2 oz **Feta cheese** M

WHAT YOU'LL NEED

- medium pot with lid
- small sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- strainer
- oven mitt
- cooking & olive oils
- salt & pepper

ALLERGENS

- W WHEAT
- T TREE NUTS (pistachios)
- M MILK

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

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

1 START FARRO

- Preheat oven to 425 degrees.
- Place **farro**, **vegetable stock concentrate**, about half of the **paprika and orange spice blend**, 2½ cups water, and about ¼ teaspoon salt in a medium pot. Bring to a boil, then reduce heat to medium. Cover pot with lid. Simmer 30–35 minutes, or until water has absorbed.
- Remove from heat. Let rest, covered, 5 minutes. Fluff with a fork. (You'll finish the farro in Step 5.)

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 ROAST CHICKPEAS & SWEET POTATOES

- Strain and rinse **garbanzo beans (chickpeas)**.
- Place **chickpeas** and **sweet potatoes** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with remaining **spice blend**, about ½ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **chickpeas and sweet potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–22 minutes, or until sweet potatoes are fork-tender, stirring halfway through.

3 TOAST PISTACHIOS

- Place **pistachios** in a dry, small sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pistachios** to a cutting board and allow to cool. Roughly chop.

4 PREP & MASSAGE KALE

- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Place **kale** in a second large bowl. Drizzle with about 1 tablespoon of the **turmeric-spiced ginger vinaigrette** and about 1 tablespoon olive oil. Lightly season with salt. Massage until leaves soften.

*The ingredient you received may be a different color.

5 FINISH FARRO

- Add **feta cheese** to pot with **farro**. Drizzle with about 1 tablespoon of the **turmeric-spiced ginger vinaigrette**. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **farro with feta** between bowls. Pile **kale** and **chickpeas and sweet potatoes** over top. Garnish with **pistachios**. Drizzle with remaining **turmeric-spiced ginger vinaigrette** to taste. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (561g)

Amount per serving

Calories 1130

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 2010mg	87%
Total Carbohydrate 135g	49%
Dietary Fiber 23g	82%
Total Sugars 16g	
Includes 6g Added Sugars	12%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 362mg	30%
Iron 16mg	90%
Potassium 1518mg	30%

* 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:

Garbanzo Beans (Chickpeas) [chickpeas, water, salt, ascorbic acid], **Sweet Potatoes, Farro** [pearled farro wheat], **Pistachios** [pistachio], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Green Kale, Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Ginger Turmeric Vinaigrette** (Olive Oil [olive oil], Toasted Sesame Oil [toasted sesame oil], Puréed Ginger [ginger], Garlic, White Wine Vinegar [aged white wine vinegar], Lemon Juice [lemon], Agave [organic agave syrup], Turmeric, Sea Salt, Black Pepper), **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper)

Allergen information:

Contains Milk, Tree Nuts And Wheat

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.