



BLACKENED SWEET POTATO BOWLS

dirty rice, pecans, paprika-Dijon aioli

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
710

MENU
VEGAN // GLUTEN-FREE

In these vegan Big Easy–inspired bowls, sweet potatoes turn extra-savory thanks to Cajun-style blackening spices. The lively root veg is piled over dirty rice studded with juicy-sweet tomato, corn, and celery. It’s all drizzled with our paprika-Dijon aioli, then topped with crunchy pecans and scallion for layers of craveable flavor and texture in each and every bite. Want to add a little brightness? Finish the dish with a big squeeze of lime juice.

INGREDIENTS (11 ITEMS)

- ½ cup **Jasmine rice**
- 10¼ oz **Sweet potatoes**
- 1 tsp **Blackening spices**
- 1¾ oz **Celery**
- 1 whole **Yellow onion**
- 1 whole **Roma tomato**
- 1 whole **Scallion**
- 1 whole **Lime**
- ½ oz **Pecans** T
- 2¾ oz **Corn**
- 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)

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

Validated
Certified gluten-free by the Gluten Intolerance Group’s Gluten-Free Safe Spot 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](https://www.greenchef.com/faq) 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, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. (You'll finish the rice 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 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 fork-tender, stirring halfway through.

3 PREP

- Small dice **celery** into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Trim and thinly slice **scallion** at an angle.
- Zest whole **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Roughly chop **pecans** if necessary.

4 SAUTÉ VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium heat. Add **corn**, **celery**, and **onion** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until corn and onion are lightly browned, stirring occasionally.
- Add **tomato** and about half 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**. Stir to combine. Season with salt and pepper to taste.*

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

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**. Serve with **lime wedges**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (409g)

Amount per serving

Calories **710**

	% Daily Value*
Total Fat 39g	50%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1180mg	51%
Total Carbohydrate 85g	31%
Dietary Fiber 8g	29%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 2mg	10%
Potassium 787mg	15%

* 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 (color), dehydrated onion, spices (black pepper, white pepper, red pepper, thyme, oregano), dehydrated garlic, and salt], **Jasmine Rice** [jasmine rice], **Corn** [corn], **Scallions, Yellow Onion, Roma Tomatoes, Lime, Celery, Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Paprika-Dijon Aioli** (Vegan Mayonnaise [sunflower oil, organic aquafaba (water, chickpeas), fair trade organic cane sugar, sea salt, distilled vinegar, water, organic lemon juice, acacia gum, xanthan gum, black pepper], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Sweet Paprika, Smoked Paprika, Dried Thyme, Dried Basil, Dried Oregano, White Pepper, Granulated Garlic, Lemon Juice [lemon])

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.