

GREEN CHEF

BBQ RANCH SWEET POTATO BOWLS

farro, kale, tomatoes, pecans, sharp cheddar cheese

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
770

Sweet and smoky flavors harmonize in this nourishing bowl. Sweet potatoes are seasoned with Memphis-style barbecue spices (think paprika, celery seed, oregano, mustard, cumin, coriander, chili powder, allspice, and coconut sugar) then roasted alongside diced shallot and pecans. Everything is coated with tangy barbecue sauce and piled atop a mix of kale, grape tomatoes, and nutty farro tossed in a Greek yogurt-based ranch dressing. Everything's garnished with a sprinkle of sharp cheddar for a cheesy finish.

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.

INGREDIENTS (10 ITEMS)

¾ cup	**Farro** (W)
1 whole	**Shallot**
½ oz	**Pecans** (T)
10¼ oz	**Sweet potatoes**
¾ tsp	**Memphis-style barbecue spices** (T)
3½ oz	**Green kale**
4 oz	**Grape tomatoes**
2 oz	**Greek yogurt-based ranch dressing** (M)
4 oz	**Mild barbecue sauce**
1 oz	**Sharp cheddar cheese** (M)

WHAT YOU'LL NEED

medium pot
baking sheet
mixing bowls
measuring spoons
fine-mesh strainer
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

(W) WHEAT
(T) TREE NUTS (coconut, pecans)
(M) MILK

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.

BBQ RANCH SWEET POTATO BOWLS

1 COOK FARRO

- Preheat oven to 400 degrees.
- Bring a medium pot of lightly salted water to a boil. Add **farro** to boiling water. Stir, then reduce heat to medium-low. Cook 30 minutes, or until farro is tender, stirring occasionally.*
- Strain **farro**. Shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat. (You'll finish the farro in Step 5.)

**Farro has a slightly firmer texture than some other grains.*

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 START PREP

- Cut ends off **shallot** and discard peel. Halve lengthwise. Lay flat and medium dice into pieces, about ½ inch each.
- Roughly chop **pecans** if necessary.





3 SEASON & ROAST SWEET POTATOES

- Place **sweet potatoes**, **shallot**, and **pecans** in a medium bowl. Season with **Memphis-style barbecue spices**, about ½ teaspoon salt, and a pinch of pepper. Drizzle with about 1½ tablespoons cooking oil. Stir to combine.
- Spread **sweet potatoes**, **shallot**, and **pecans** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 16-18 minutes, or until sweet potatoes are fork-tender, stirring halfway through. (You'll finish the sweet potatoes in Step 6.)



4 FINISH PREP

- Remove and discard any thick center stems from **green kale***. Roughly chop leaves into bite-size pieces.
- Halve **grape tomatoes**.

**The ingredient you received may be a different color.*





5 MAKE SALAD

- Place **kale** in a large bowl. Drizzle with 1-2 tablespoons of the **Greek yogurt-based ranch dressing**. Lightly season with salt. Massage until leaves soften.
- Transfer **farro** to bowl. Add **tomatoes**. Drizzle with remaining **ranch dressing** to taste. Toss to combine. Season with salt and pepper to taste.



6 FINISH SWEET POTATOES

- Drizzle **mild barbecue sauce** over baking sheet with **sweet potatoes, shallot, and pecans**. Stir to evenly coat. **(Careful! Baking sheet is hot!)**

7 PLATE YOUR DISH

- Divide **kale and farro salad** between bowls. Top with **roasted barbecue sweet potatoes with shallot and pecans**. Garnish with **sharp cheddar cheese**. Enjoy!

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Nutrition Facts

2 Servings per container

Serving size **(463g)**

Amount per serving

Calories 770

	% Daily Value*
Total Fat 27g	35%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 1430mg	62%
Total Carbohydrate 118g	43%
Dietary Fiber 12g	43%
Total Sugars 35g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 5mg	30%
Potassium 1148mg	25%

* 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:
Farro [pearled farro wheat], **Memphis-Style Barbecue Spices** (Sweet Paprika, Granulated Garlic, Onion Powder, Celery Seeds, Dried Oregano, Dried Mustard, Ground Cumin, Ground Coriander, Chili Powder, Allspice, Coconut Sugar [organic coconut sugar]), **Shallot**, **Sweet Potatoes**, **Barbecue Sauce** [tomato puree (filtered water, tomato paste), sugar, white vinegar, molasses, natural hickory smoke flavor, salt, corn starch, Worcestershire sauce (white vinegar, molasses, filtered water, sugar, sea salt, caramel color, garlic powder, spices, cayenne pepper, black pepper, xanthan gum), caramel color, onion powder, garlic powder, ground red peppers, xanthan gum], **Grape Tomatoes**, **Green Kale**, **Ranch Dressing** (Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Sour Cream [cultured cream], Buttermilk [organic cultured lowfat milk, organic nonfat milk, salt, vitamin A palmitate, vitamin D3], Onion Powder, Granulated Garlic, Dried Dill, Black Pepper, Sea Salt, White Wine Vinegar [aged white wine vinegar], Ascorbic Acid [ascorbic acid]), **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)]

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.