



**GREEN
CHEF**

HARISSA-SPICED SWEET POTATO TACOS

kale, za'atar tahini, olives, hummus, tomato, pistachios

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

840

MENU

VEGAN

These marvelous tacos boast savory, spicy, earthy flavors, thanks to a mashup of classic Middle Eastern and North African ingredients. Steamy flour tortillas cradle harissa-spiced hummus; a kale, olive, and tomato salad tossed with za'atar-spiced tahini; and roasted sweet potatoes seasoned with cumin and harissa. For a finishing touch, the tacos are garnished with crunchy pistachios. This dish is bursting with tantalizing flavors and textures that'll keep you coming back for more.

INGREDIENTS (10 ITEMS)

2¾ oz	Lacinato kale
1 whole	Roma tomato
½ oz	Kalamata olives
1 oz	Pistachios T
10¼ oz	Sweet potatoes
½ tsp	Ground cumin
1 tsp	Harissa seasoning
4 oz	Hummus
2½ oz	Za'atar-spiced tahini sauce with olive oil T
6 whole	Flour tortillas W

WHAT YOU'LL NEED

baking sheet
mixing bowls
measuring spoons
oven mitt
cooking & olive oils
salt & pepper

ALLERGENS

T TREE NUTS (coconut, pistachios)
W WHEAT



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

1

PREP

- Preheat oven to 425 degrees.
- Remove and discard any thick center stems from **lacinato kale***. Roughly chop leaves into bite-size pieces.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **Kalamata olives**.
- Roughly chop **pistachios**.

**To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

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 SWEET POTATOES

- Place **sweet potatoes** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season with **ground cumin**, about half the **harissa seasoning**, salt, and pepper. Stir to coat. Spread out in a single layer.
- Roast 20–22 minutes, or until fork-tender.

3

MAKE HARISSA HUMMUS

- Place **hummus**, remaining **harissa seasoning**, and about 1 tablespoon olive oil in a small bowl. Stir to combine. Season with salt and pepper to taste.

4

MAKE KALE SALAD

- Place **kale** in a large bowl. Drizzle with 1–2 tablespoons **za'atar-spiced tahini sauce with olive oil**. Lightly season with salt. Massage until leaves soften.
- Add **tomato** and **olives**. Drizzle with remaining **tahini sauce** to taste. Toss to combine.

5

WARM TORTILLAS

- Stack **tortillas** on foil; wrap with foil. Place directly on oven rack. Warm 3–4 minutes, or until heated through.

6

PLATE YOUR DISH

- Divide **tortillas** between plates. Spread with **harissa hummus**. Fill with **kale salad**, **harissa-spiced sweet potatoes**, and **pistachios**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (420g)

Amount per serving

Calories 840

	% Daily Value*
Total Fat 47g	60%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 860mg	37%
Total Carbohydrate 88g	32%
Dietary Fiber 13g	46%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 242mg	20%
Iron 6mg	35%
Potassium 1135mg	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:

Flour Tortillas [wheat flour (unbleached wheat flour, niacin, iron thiamin mononitrate, riboflavin, enzyme, folic acid), water, vegetable shortening (palm oil), salt, mono- and diglycerides, calcium propionate, vital wheat gluten, rice flour, sugar, sodium bicarbonate, fumaric acid, sorbic acid, sodium aluminum sulfate, sodium aluminum phosphate, guar gum, cmc gum, enzymes (wheat starch, microcrystalline cellulose), sodium metabisulfite], **Pistachios** [pistachio], **Sweet Potatoes**, **Ground Cumin**, **Hummus** [organic garbanzo beans (dry organic chickpeas, water), organic tahini (ground organic sesame), organic extra virgin olive oil, organic garlic, organic lemon juice, sea salt, non-gmo citric acid, organic spices], **Lacinato Kale**, **Roma Tomatoes**, **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Za'atar Tahini Sauce** (Tahini Sauce [sesame seeds], Lemon Juice [lemon], Red Wine Vinegar [aged red wine vinegar], Olive Oil [olive oil], Garlic, Za'atar Seasoning [hulled sesame seed, ground sumac, sea salt, thyme, summer savory, marjoram], Sea Salt, Water, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Ascorbic Acid [ascorbic acid])

Allergen information:

Contains 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.