



## HARISSA-SPICED SWEET POTATO & MUSHROOM BOWLS

*kale rice, pistachios, lemon-honey sour cream, schug sauce*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
830

**MENU**  
VEGETARIAN // GLUTEN-FREE

Two sauces set these bowls apart: herby schug sauce and a bright lemon-honey sour cream. At the bowl's base is kale rice, followed by a layer of harissa-spiced sweet potatoes and cremini mushrooms. Next up: those two zesty sauces. Drizzle both all over the veggies, then garnish your bowl with chewy toasted pistachios and salty feta cheese. Don't forget to squeeze a lemon wedge all over your bowl for a fresh and tangy finishing touch.



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 Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

### INGREDIENTS (12 ITEMS)

- 4 oz **Cremini mushrooms**
- 10¼ oz **Sweet potatoes**
- ¾ tsp **Harissa seasoning**
- ½ cup **Jasmine rice**
- 1 whole **Vegetable stock concentrate**
- ½ oz **Pistachios** T
- 1 whole **Lemon**
- 2¾ oz **Lacinato kale**
- 2 oz **Sour cream** M
- ½ oz **Honey**
- 1½ oz **Schug sauce**
- 2 oz **Feta cheese** M

### WHAT YOU'LL NEED

- small pot with lid
- medium sauté pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- whisk
- oven mitt
- cooking oil
- 1 tbsp butter M
- salt & pepper

### ALLERGENS

- T TREE NUTS (pistachios)
- M MILK

Wash and dry fresh produce. Go to [greenchef.com/faq](http://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

## 1 START PREP & ROAST VEGGIES

- Preheat oven to 425 degrees.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Quarter **mushrooms**.
- Place **sweet potatoes** and **mushrooms** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **harissa seasoning**. Lightly season with salt and a pinch of pepper. Stir to combine.
- Spread **sweet potatoes and mushrooms** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20–22 minutes, or until sweet potatoes are fork-tender, stirring halfway through.

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 COOK RICE

- Bring **jasmine rice**, **vegetable stock concentrate**, 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.
- Add 1 tablespoon butter. Stir until butter has melted.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the rice in Step 6.)



## 3 FINISH PREP

- Roughly chop **pistachios**.
- Quarter **lemon**.
- Remove and discard any thick center stems from **lacinato kale**. Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.



## 4 TOAST PISTACHIOS

- Place **pistachios** in a dry, medium sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pistachios** to a small bowl. (Reserve pan.)

## 5 MAKE LEMON-HONEY SOUR CREAM

- Place **sour cream**, **honey**, and about 1 teaspoon water in a second small bowl. Squeeze juice from 1–2 **lemon wedges** over bowl, removing any seeds. Whisk to combine. Season with salt to taste.



## 6 SAUTÉ KALE & FINISH RICE

- Heat about 1 tablespoon cooking oil in pan used for pistachios over medium heat. Add **kale** to hot pan. Season with salt and pepper. Cook 1–2 minutes, or until lightly wilted, stirring occasionally.
- Remove from heat. Transfer **rice** to pan. Stir to combine. Season with salt and pepper to taste.

## 7 PLATE YOUR DISH

- Divide **kale rice** between bowls. Top with **harissa-spiced sweet potatoes and mushrooms**. Drizzle **lemon-honey sour cream** and **schug sauce** over top. Garnish with **pistachios** and **feta cheese**. Serve with remaining **lemon wedges**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (430g)

Amount per serving

**Calories** **830**

	% Daily Value*
<b>Total Fat</b> 45g	58%
Saturated Fat 14g	70%
Trans Fat 0g	
<b>Cholesterol</b> 60mg	20%
<b>Sodium</b> 1010mg	44%
<b>Total Carbohydrate</b> 93g	34%
Dietary Fiber 8g	29%
Total Sugars 18g	
Includes 2g Added Sugars	4%
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 290mg	20%
Iron 3mg	15%
Potassium 1163mg	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:

**Cremini Mushrooms, Sweet Potatoes, Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Pistachios** [pistachio], **Sour Cream** [cultured cream], **Lemon, Honey** [honey], **Jasmine Rice** [jasmine rice], **Lacinato Kale, Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes)

### Allergen information:

Contains Milk And 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.*

