



Maple Roasted Sweet Potato Sandwich

with Minty Pea Hummus & Spinach Salad



20-30min



2 Servings

This hearty sandwich is a healthy surprise for your palate— it's vegan! We roast nutritious sweet potatoes with maple syrup and cumin for a sweet and warmly spiced flavor. A bright green, mint-garlic pea hummus tops the sweet potatoes, and a tahini dressing coats baby spinach. The soft, caramelized potatoes rest on warm toasty ciabatta rolls. This quick and nutritious sandwich might become one of your favorites.

What we send

- 1 sweet potato
- ¼ oz fresh mint
- garlic
- 1 lemon
- ¼ oz ground cumin
- 1 oz maple syrup
- 10 oz peas
- 1 oz tahini ¹¹
- 2 ciabatta rolls ¹
- 3 oz baby spinach

What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)

Tools

- rimmed baking sheet
- microwave
- food processor

Allergens

Wheat (1), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 930kcal, Fat 54g, Carbs 99g, Protein 19g



1. Prep ingredients

Preheat oven to 425°F with racks in the lower and upper thirds.

Scrub **sweet potato**, then cut into ¼-inch thick slices on an angle. Pick and finely chop **3½ teaspoons mint leaves**; discard stems. Finely chop **2 teaspoons garlic**. Squeeze **1 tablespoon lemon juice** into a small bowl; cut any remaining lemon into wedges.



2. Roast sweet potatoes

On a rimmed baking sheet, toss **sweet potatoes** with **2 tablespoons oil**, **2 teaspoons cumin**, and **a generous pinch each of salt and pepper**; spread to a single layer. Roast on lower oven rack until just tender and browned on bottom, 8-10 minutes. Flip potatoes and drizzle with **maple syrup**. Return to lower rack and roast until browned, tender, and caramelized, 3-5 minutes more.



3. Make pea hummus

Meanwhile, transfer **peas** to medium microwave-safe bowl. Microwave until just warmed through, 1-2 minutes. Transfer to a food processor with **chopped mint, garlic, lemon juice, ¼ cup oil, 1 teaspoon salt**, and **a few grinds of pepper**. Pulse until smooth; season to taste with **salt** and **pepper**.



4. Make tahini dressing

In a medium bowl, whisk to combine **tahini, 2 tablespoons water, ½ teaspoon cumin**, and **¼ teaspoon vinegar**. Season to taste with **salt** and **pepper**.



5. Toast bread

Switch oven to broil. Drizzle cut sides of **ciabatta** with **oil** and **a pinch each of salt and pepper**. Place directly on upper oven rack (or a rimmed baking sheet) and toast until browned, about 2 minutes per side (watch closely as broilers vary).



6. Assemble & serve

Add **spinach** to bowl with **tahini dressing**; toss to combine.

Spread **pea hummus** over **cut sides of ciabatta**. Top with some of the **sweet potatoes** and **dressed spinach**. Serve **remaining spinach** on the side. Enjoy!