



Roasted Sweet Potato & Kale Salad

with Almonds, Dates & Parmesan



20-30min



2 Servings

We're loading up on veggies and good-for-you ingredients with this nutritious, warm salad that's made up of some of our favorite superfood heroes—sweet potato and kale. With crunchy almonds, sweet dates, and nutty Parmesan, it's not to be missed.

What we send

- 1 sweet potato
- 1 bunch curly kale
- 1 oz salted almonds ¹⁵
- 2 oz medjool dates
- 1 lemon
- ¾ oz Parmesan ⁷

What you need

- olive oil
- kosher salt & ground pepper
- sugar

Tools

- rimmed baking sheet
- microplane, box grater or vegetable peeler

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 680kcal, Fat 43g, Carbs 60g, Protein 13g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Scrub **sweet potato**, then cut crosswise into ½-inch slices (halve or quarter, if large). Strip **kale leaves** from stems; discard stems. Tear leaves into bite-size pieces. Place kale in a large bowl and toss with **1 tablespoon olive oil** and season with **salt** and **pepper**.



4. Make lemon dressing

Finely grate **all of the lemon zest** and squeeze **2 tablespoons lemon juice** into a small bowl. Whisk in **a pinch of sugar** and **2 tablespoons oil**. Season to taste with **salt** and **pepper**.



2. Roast vegetables

On a rimmed baking sheet, toss **sweet potatoes** with **1½ tablespoons oil** and season with **salt** and **pepper**. Roast on center oven rack, until tender but not browned, about 20 minutes. Add **half of the kale** (save rest for step 5), return baking sheet to the oven and roast 5-10 minutes more, or until kale is wilted and crispy in spots.



5. Finish salad

Add **roasted sweet potatoes and kale** to large bowl with **raw kale**, along with **almonds, dates, and lemon dressing**. Toss well to combine and season to taste with **salt** and **pepper**.



3. Chop almonds & dates

Coarsely chop **almonds**. Remove and discard pits from **dates** and coarsely chop.



6. Garnish & serve

Serve **salad** in bowls. Coarsely grate (or use a vegetable peeler to shave) **Parmesan** over top. Enjoy!