



Maple Roasted Sweet Potato & Chicken Sandwich

with Minty Pea Hummus & Spinach Salad

| This recipe is customized with boneless, skinless chicken breasts.



20-30min



2 Servings

What we send

- 1 sweet potato
- ¼ oz fresh mint
- 1 lemon
- ¼ oz ground cumin
- 1 oz maple syrup
- 12 oz pkg boneless, skinless chicken breasts
- 1 oz tahini ¹¹
- 2 ciabatta rolls ¹
- 3 oz baby spinach
- 10 oz peas

What you need

- garlic
- 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 1090kcal, Fat 56g, Carbs 97g, Protein 57g



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 remaining lemon into wedges.



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**.



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 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; set aside.



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).



3. Add chicken & make hummus

Pat **chicken** dry; season with **salt** and **pepper**. Add to baking sheet, drizzle with **oil**, and roast on lower oven rack until cooked through, 10 minutes.

Microwave **peas** in a bowl until warmed through, 2 minutes. Purée in a food processor with **mint**, **garlic**, **lemon juice**, **¼ cup oil**, **1 teaspoon salt**, and **a few grinds of pepper**; season to taste with **salt** and **pepper**.



6. Assemble & serve

Add **spinach** to bowl with **tahini dressing**; toss to combine. Slice **chicken**, if desired.

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