



Sweet Potato, Kale & Chicken Buddha Bowl

with Maple-Dijon Dressing



30-40min



2 Servings

Buddha bowls are one of our dinner go-to's and not just because they're delicious! These dinner-worthy bowls are full of veggies and protein and have layers of flavor and texture. We combine lean chicken breast strips, crunchy roasted chickpeas, sweet potatoes, and hearty Tuscan kale in this vegetarian version. A homemade sweet and creamy maple-Dijon dressing ties it all together. Seriously, veggies have never tasted so good!

What we send

- 1 sweet potato
- 1 red onion
- 15 oz can chickpeas
- ¼ oz berbere spice blend
- 1 bunch Tuscan kale
- 10 oz pkg chicken breast strips
- 2 (¼ oz) Dijon mustard
- 4 oz Greek yogurt ⁷
- 1 oz maple syrup
- 1 oz salted sunflower seeds

What you need

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

Tools

- 2 rimmed baking sheets
- medium skillet

Allergens

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

Nutrition per serving

Calories 810kcal, Fat 38g, Carbs 87g, Protein 59g



1. Roast potatoes & onions

Preheat oven to 425°F with racks in the upper and lower thirds. Peel **sweet potato**, if desired, then halve lengthwise and cut into ½-inch cubes. Cut **onion** into 1-inch pieces.

On a rimmed baking sheet, toss sweet potatoes and onions with **1½ tablespoons oil**; season with **salt** and **pepper**. Roast on lower oven rack until veggies are tender and browned, 20-25 minutes.



2. Roast chickpeas

Drain and rinse **chickpeas**. On a second rimmed baking sheet, toss chickpeas with **1 tablespoon oil** and season with **salt** and **pepper**. Roast on upper oven rack until browned and crisp in spots, shaking baking sheet halfway through, 15-20 minutes total.

Remove from oven and carefully toss with **1 teaspoon of the berbere** (save rest for own use) and **a pinch of salt**.



3. Prep kale

Meanwhile, remove and discard tough center stems from **kale**. Tear or cut kale leaves into 2-inch pieces.

In a large bowl, combine kale with **1 tablespoon oil** and season with **salt** and **pepper**. Use your hands to massage kale until softened.



4. Cook chicken

Pat **chicken** dry, then season all over with **salt** and **pepper**. Heat **1 tablespoon oil** in a medium skillet over medium-high. Add chicken in a single layer and cook, undisturbed, until browned on the bottom, about 3 minutes. Stir and cook until cooked through, about 2 minutes more.



5. Assemble salad

In a small bowl, whisk to combine **Dijon mustard**, **half of the yogurt** (save rest for own use), **half of the maple syrup** (or more depending on how sweet you like it), and **1 tablespoon each of oil and vinegar**. Season to taste with **salt** and **pepper**.

Transfer **kale, roasted veggies, chicken**, and **roasted chickpeas** to shallow serving bowls.



6. Finish & serve

Drizzle **dressing** on top of **veggies & chicken** and garnish with **sunflower seeds**. Enjoy!