

# MARLEY SPOON



## Roasted Sweet Potatoes, Chickpeas & Beef

with Marinated Tomatoes & Tahini Dressing



30-40min



2 Servings

This vegan spin on a loaded baked potato is seriously delicious! We swap russet potatoes for sweet potatoes—they are packed with vitamins and nutrients and are also so flavorful, thanks to the natural sugars that intensify and caramelize as it roasts. The potatoes are the perfect vessel for toppings like shredded beef, crispy baharat-spiced chickpeas, juicy marinated tomatoes, lemony tahini dressing, and fresh dill.



## What we send

- 2 sweet potatoes
- 15 oz can chickpeas
- ¼ oz baharat spice blend <sup>1</sup>
- 1 lemon
- 2 plum tomatoes
- ¼ oz fresh dill
- ¼ oz fresh parsley
- 1 oz capers
- ½ lb pkg ready to heat shredded beef <sup>2,3</sup>
- 1 oz tahini <sup>1</sup>
- garlic

## What you need

- olive oil
- kosher salt & ground pepper
- red wine vinegar (or vinegar of your choice)
- sugar

## Tools

- rimmed baking sheet
- microplane or grater
- medium skillet

## Cooking tip

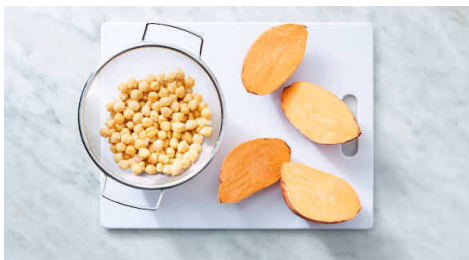
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## Allergens

Sesame (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

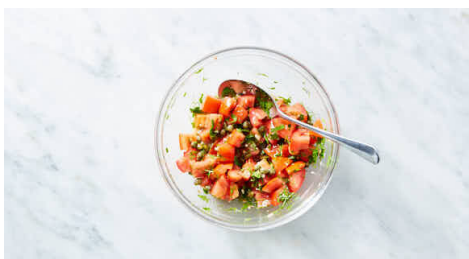
## Nutrition per serving

Calories 850kcal, Fat 45g, Carbs 107g, Protein 35g



### 1. Prep potatoes & chickpeas

Preheat oven to 400°F with a rack in the lower third. Scrub **sweet potatoes**, then halve each lengthwise. Drain and rinse **chickpeas**, then pat dry. Drizzle cut sides of potatoes with **oil** and season with **a pinch each of salt and pepper**. Transfer, cut side down, to one side of a rimmed baking sheet.



### 4. Marinate tomatoes

In a small bowl, stir to combine **tomatoes, capers, lemon zest, remaining chopped dill and parsley, half of the chopped garlic, 2 tablespoons oil, 1 tablespoon vinegar, ½ teaspoon salt, and ¼ teaspoon sugar**.

Season to taste with **pepper**. Set tomatoes aside to marinate until step 6.



### 2. Cook potatoes & chickpeas

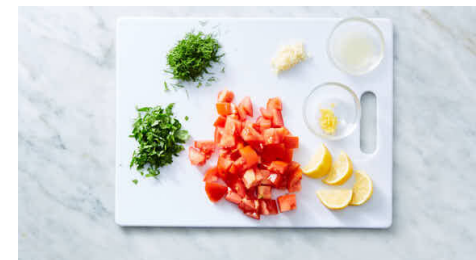
On empty side of same baking sheet, toss **chickpeas** with **1 tablespoon oil, 1 teaspoon baharat spice blend, and ½ teaspoon salt**. Transfer to lower oven rack and roast until potatoes are tender when pierced with a knife and chickpeas are crispy, 25–30 minutes (watch closely as ovens vary).



### 5. Sear beef, make tahini

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **beef** in a single layer and cook, until browned on bottom, 3 minutes. Stir and cook until warmed through, 2 minutes more.

In a separate bowl, whisk **tahini, remaining chopped garlic, half of the lemon juice, 2 tablespoons water, 1 tablespoon oil, and a pinch of sugar**. Season to taste with **salt and pepper**.



### 3. Prep ingredients

Meanwhile, finely grate **½ teaspoon lemon zest** and squeeze **2 teaspoons lemon juice**, keeping them separate. Cut any remaining lemon into wedges. Finely chop **2 teaspoons garlic**. Cut **tomatoes** into ½-inch pieces. Coarsely chop **dill and parsley**, keeping them separate. Reserve 1 tablespoon each of the chopped dill and parsley for step 6.



### 6. Assemble & serve

Remove **potatoes** and **chickpeas** from oven. Carefully toss chickpeas with **remaining lemon juice** on baking sheet. Place potatoes on a plate and top with **a few spoonfuls of the chickpeas, beef, and marinated tomatoes**. Drizzle **tahini dressing** over top and garnish with **reserved chopped dill and parsley**. Serve with **lemon wedges** for squeezing over. Enjoy!