



Miso-Glazed Sweet Potatoes

with Chinese Broccoli & Edamame Rice



30-40min



2 Servings

This is the kind of healthy, balanced meal that feels good to choose, and tastes even better to eat. A foundation of whole grain brown rice and protein-rich edamame is topped with crisp-tender Chinese broccoli and oven-caramelized sweet potatoes that are glazed in a savory miso-mirin sauce. Fresh scallions, crunchy sesame seeds, and a drizzle of extra sauce take it over the top. Cook, relax, an...

What we send

- sweet potato
- quick-cooking brown rice
- mirin ¹⁷
- toasted sesame seeds ¹¹
- Chinese broccoli
- scallions
- 1,6
- 11
- 6

What you need

- kosher salt & ground pepper
- white wine vinegar ¹⁷

Tools

- fine-mesh sieve
- medium saucepan
- rimmed baking sheet

Allergens

Wheat (1), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

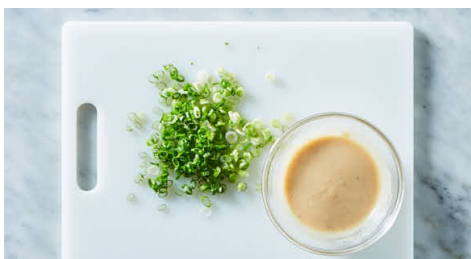
Nutrition per serving

Calories 810kcal, Fat 29g, Carbs 120g, Protein 21g



1. Cook rice

Preheat oven to 425°F with a rack in the upper third. Fill a medium saucepan with **salted water** and bring to a boil. Add **rice** to boiling water (cook like pasta), uncovered, over high heat until tender, 20-25 minutes. Add **edamame** during the last 2 minutes of cooking. Drain well. Return to saucepan and cover to keep warm.



4. Prep scallions & dressing

Trim ends from **scallions**, then thinly slice. In another small bowl, whisk together **all of the tahini**, **2 tablespoons miso-mirin glaze**, and **2 tablespoons water**. Season to taste with **salt** and **pepper**.



2. Roast sweet potato

Peel **sweet potato**, then cut into ½-inch thick rounds. On a rimmed baking sheet, toss sweet potatoes with **1 tablespoon oil** and season with **salt** and **pepper**. Spread on half of the baking sheet, and roast in oven until tender, about 20 minutes.



5. Broil vegetables

Once **sweet potatoes** are baked, remove from oven, and brush on one side with **remaining miso-mirin glaze**. Switch oven to broil. Add **Chinese broccoli** to other side of the rimmed baking sheet. Broil in oven until sweet potatoes are lightly caramelized and Chinese broccoli stems are crisp-tender, 3-5 minutes (watch closely as ovens vary).



3. Prep glaze & broccoli

Meanwhile, in a small bowl, whisk together **1 tablespoon vinegar**, **all of the miso and mirin**, and season to taste with **salt** and **pepper**. Trim ends from **Chinese broccoli**, then thinly slice stems, and cut greens into ½-inch slices crosswise. In a medium bowl, toss Chinese broccoli with **1 tablespoon oil** and sprinkle with **salt** and **pepper**.



6. Assemble bowls & serve

Stir **all but 1 tablespoon scallions** into **rice**. Season to taste with **salt** and **pepper**. Serve **rice** topped with **sweet potatoes** and **Chinese broccoli**. Drizzle **miso-tahini dressing** over top and sprinkle with **sesame seeds** and **reserved scallion**. Enjoy!