

DINNERLY



Sweet Potato and Kale Salad with Almonds, Dates, and Parmesan



30-40min



2 Servings

We're keeping our healthy New Year's resolutions going strong! (Fact check: it's April, so we've totally forgotten about them!) Enter this nutritious, warm salad that's anchored by some of our favorite superfood superheroes—sweet potato and kale—here to save us! With crunchy almonds, sweet dates, nutty Parmesan, and a citrus dressing to pull it together, it's an elegant salad that's not to be m...

WHAT WE SEND

- 2 oz medjool dates
- 1 bunch curly kale
- 2 sweet potatoes
- 1 lemon
- 1 oz salted almonds ¹⁵
- ¾ oz Parmesan ⁷
- 3 oz tri-color quinoa

WHAT YOU NEED

- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

TOOLS

- rimmed baking sheet

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 670kcal, Fat 39g, Carbs 73g, Protein 15g



1. Prep ingredients

Preheat oven to 450°F with a rack in the center. Scrub **sweet potatoes** then cut into ½-inch thick rounds (no need to peel); cut in half if large. Strip **kale leaves** from stems, discard stems, and tear leaves into bite-size pieces. Place kale in a large bowl and toss with **1 tablespoon olive oil**, **¼ teaspoon salt**, and **a few grinds pepper**.



2. Roast vegetables

On a rimmed baking sheet, toss **sweet potatoes** with **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds of pepper**. Roast on center oven rack until beginning to soften, about 20 minutes. Top sweet potatoes with **half of the kale**, return baking sheet to the oven and cook another 5-10 minutes, or until kale is wilted and crispy in spots.



3. Chop almonds & dates

Roughly chop **almonds**. Remove pits from **dates**, if necessary, then roughly chop.



4. Make lemon dressing

Zest **lemon** into a small bowl; then squeeze **2 tablespoons lemon juice** into same bowl. Whisk in **a pinch of sugar**, **2 tablespoons oil**, and season to taste with **salt** and **pepper**.



5. Finish & serve

Add **warm sweet potatoes** and **kale** to **raw kale** in the large bowl. Add **almonds**, **dates**, and **lemon dressing**. Toss well to combine and season to taste with **salt** and **pepper**. Divide **salad** between plates. Using a vegetable peeler, shave strips of **Parmesan** on top. Enjoy!



6. Get nutty!

If you're as nuts about nuts as we are, you could load this salad up with any hazelnuts, walnuts, or pecans that you might have on hand for more crunch and protein. Or recreate it—subbing these in the future. Other dried fruits like apricots or cherries would also be delish!