



Sweet Potato & Kale 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 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
- 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

Allergens

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

Nutrition per serving

Calories 670kcal, Fat 37g, Carbs 88g, Protein 27g



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.



4. Make dressing

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**.



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**.



5. Assemble salad

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



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.



6. Finish & serve

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