

# DINNERLY



## Vegan Roasted Veggie Grain Bowl with Tahini Sauce & Roasted Almonds



30min



2 Servings

Listen up. We are NOT playing around here. Really guys, this is major. We made you this ultra-healthy vegan grain bowl that's honestly, seriously craveable. How did we do it? We roasted sweet potatoes and kale over a bed of farro and smothered it all in a creamy-lemony-garlicky tahini sauce. And now, you can do it too. We've got you covered!



### WHAT WE SEND

- 1 sweet potato
- 1 bunch curly kale
- 4 oz farro <sup>1</sup>
- 1 oz tahini <sup>11</sup>
- 1 lemon
- 1 oz salted almonds <sup>15</sup>

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- garlic

### TOOLS

- rimmed baking sheet
- small saucepan
- microplane or grater

### ALLERGENS

Wheat (1), Sesame (11), Tree Nuts (15).  
May contain traces of other allergens.  
Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 740kcal, Fat 39g, Carbs 78g, Protein 19g



#### 1. Prep veggies

Preheat oven to 450°F with a rack in the upper third.

Cut **sweet potato** into 1-inch pieces.

Strip **kale leaves from stems**; chop leaves into bite-sized pieces. In a medium bowl, toss with **1 tablespoon each of oil and water**; season with **salt and pepper**.



#### 2. Roast veggies

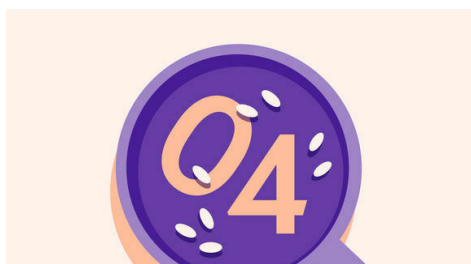
On a rimmed baking sheet, toss **sweet potatoes** with **1 tablespoon oil** and a **generous pinch each of salt and pepper**. Roast on upper oven rack, stirring once halfway through cooking time, until golden-brown and tender, about 15 minutes.

Carefully scatter **kale** on top of sweet potatoes. Roast until tender and lightly browned, about 5 minutes more.



#### 3. Cook farro

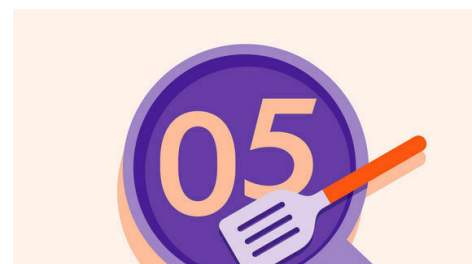
While **veggies** roast, bring a small saucepan of **salted water** to a boil over high. Add **farro** and cook until tender, 18–20 minutes. Drain well; cover to keep warm off heat until ready to serve.



#### 4. Make tahini sauce

In a small bowl, stir to combine **tahini** and **1 tablespoon oil**. Into same bowl, finely grate **¼ teaspoon garlic** and zest from **lemon**. Squeeze in **1 teaspoon lemon juice**. Stir in **1 teaspoon water at a time** until **sauce** is creamy and drizzles from a spoon; season to taste with **salt and pepper**.

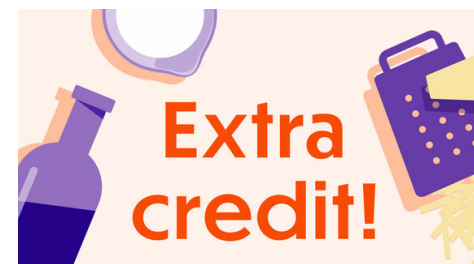
Cut **remaining lemon** into wedges.



#### 5. Finish & serve

Roughly chop **almonds**.

Serve **farro** topped with **roasted veggies**. Drizzle **tahini sauce** and sprinkle **almonds** over top. Serve with **lemon wedges** for squeezing. Enjoy!



#### 6. Take it up a notch!

For an extra hit of protein, add a fried or soft boiled egg to your bowl.