



HOME CHEF

Miso-Glazed Sweet Potato Rice Bowl

with snow peas and mushrooms

NUTRITION per serving-Calories: 665, Carbohydrates: 119g, Sugar: 30g, Fiber: 8g, Protein: 13g, Sodium: 1340mg, Fat: 15g, Saturated Fat: 3g Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time 45-55 min.

Cook Within

Difficulty Level

Spice Level Mild

7 days

Expert

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Preheat oven to 425 degrees
- Prepare a baking sheet with foil and cooking spray
- Ingredient(s) used more than once: green onions

Customize It Instructions

• Meatlovers! If using protein, cook in a medium nonstick pan over medium heat with 1 tsp. olive oil. If using Impossible burger, cook with a pinch of salt and pepper, breaking up burger until heated through, 4-6 minutes. If using diced chicken, pat dry and season with a pinch of salt and pepper. Stir occasionally until chicken reaches minimum internal temperature, 5-7 minutes. If using steak strips and flank steak, separate into a single layer, pat dry, and season with a pinch of salt and pepper. Stir occasionally until no pink remains and steak reaches minimum internal temperature, 4-6 minutes. Rest, 3 minutes. Add proteins to sweet potato bowl as desired.



1. Roast the Sweet Potatoes

- Place sweet potato cubes on prepared baking sheet and toss with 1 Tbsp. olive oil and 1/4 tsp. salt. Massage oil and seasoning into cubes.
- Spread into a single layer and roast in hot oven until tender,
- While sweet potato roasts, cook rice.



2. Cook the Rice

- Bring a small pot with rice and $1\frac{1}{2}$ cups water to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside.
- While rice cooks, prepare ingredients.



3. Prepare the Ingredients

- Cut mushrooms into 1/4" slices.
- Trim and thinly slice green onions on an angle, keeping white and green portions separate.
- Slice snow peas into ½" pieces.
- Combine honey and miso in a large mixing bowl until completely combined. Set aside.



4. Cook the Vegetables

- Place a medium non-stick pan over medium heat and add 2 tsp. olive oil.
- Add mushrooms, snow peas, and white portions of green onions to hot pan. Stir occasionally until mushrooms and snow peas are tender, 4-6 minutes.
- Stir in teriyaki glaze until combined. Remove from burner.



5. Finish the Dish

- Transfer roasted sweet potatoes to bowl with miso-honey mixture and gently stir to combine.
- Plate dish as pictured on front of card, topping rice with vegetables, then sweet potatoes. Garnish with green portions of green onions and crispy onions. Drizzle with sambal (to taste). Bon appétit!



