



NUTRITION per serving 82g carbohydrates 15g fat 17g protein 191mg sodium | low-calorie, vegetarian, dairy-free, nut-free



Calories
625



Prep & Cook Time
30-40 min.



Cook Within
7 days



Difficulty
Easy



Spice Level
Not Spicy

IN YOUR BOX

- ½ Cup InHarvest Wheat Berries
- 2 oz. Frozen Edamame
- 1 Sweet Potato
- 1 Red Bell Pepper
- 2 Shallots
- 1 Lemon
- 3 oz. Kale
- 4 Tbsp. Tahini
- 1 tsp. Chopped Ginger
- ½ tsp. Turmeric

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- 2 Baking Sheets
- Small Pot
- Small Bowl

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HOME CHEF

Sweet Potato and Wheat Berry Buddha Bowl

with kale chips and tahini turmeric dressing

BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Prepare 2 baking sheets with foil and cooking spray
- Thoroughly rinse produce and pat dry
- Preheat oven to **425 degrees**

WHILE YOU COOK

- Make sure to keep shallots, sweet potatoes, and red bell pepper separate from each other on the **baking sheet**.
- If you have multiple racks in your oven, start **vegetables** on the lower rack and then move to the upper rack for the second half of baking. This allows vegetables to caramelize without burning.
- **Heads Up!** Lemon zest is used twice—once in the dressing, and then as a garnish.

FROM THE CHEF

Light your aromatherapy candles and queue up some Enya: it's massage time! Gently rubbing kale leaves for a minute or two breaks down its cellulose structure, which makes it more tender and less bitter.

Want to get the most juice out of your lemon? Before cutting, we recommend microwaving the lemon for 15-20 seconds to "soften" the fruit. Then, gently roll the softened fruit on your work surface while pressing on it with your palm. Finally, give yourself some serious mechanical advantage by placing a cut half in between the arms of a pair of tongs to make squeezing much easier.

Did you know...

High protein, whole grain wheat berries are, quite simply, hulled kernels of wheat. If you milled them, you would have whole wheat flour. Give them a helping hand in the flavor department by seasoning aggressively with salt and pepper to taste.



Prepare the Wheat Berries

Bring a small pot with 2 cups **water**, **wheat berries**, and ½ tsp. **salt** to a boil. Once boiling, reduce to a simmer, cover, and cook until tender and water has been absorbed, 30 minutes. *Wheat berries should not be crunchy, but will retain some chewiness when fully cooked.* Stir in **edamame** and keep warm.



Prepare the Ingredients

Cut **sweet potato** into ½" dice. Stem, seed, and cut **red bell pepper** into ½" slices. Peel and slice **shallots** into ½" rounds. Zest **lemon**, halve, and juice. Stem **kale** and tear into large pieces.



Roast the Vegetables

Place **red bell peppers**, **shallots**, and **sweet potatoes** in separate sections on prepared baking sheet. Drizzle vegetables with 1 Tbsp. **olive oil** and season with 1 tsp. **salt** and a large pinch of **pepper**. Toss each vegetable separately to coat. Roast 22-25 minutes, or until vegetables are tender and caramelized.



Make the Kale Chips

Place **kale** on second baking sheet. Drizzle with 1 tsp. **olive oil** and massage kale to completely coat. Spread into a single layer and season with ¼ tsp. **salt**. Bake until leaves dry out and get crispy, about 6-8 minutes. Remove from oven and set aside to cool.



Make the Dressing

Whisk together **tahini**, 4 Tbsp. **lemon juice**, 2 Tbsp. **water**, 2 Tbsp. **olive oil**, **ginger**, and half the **lemon zest** in a small bowl. Season to taste with a pinch of **salt**. Stir in half the **turmeric** to start, taste, and add more to taste—just a pinch at a time. *Turmeric adds vibrant color and a warming, slightly bitter flavor—your personal preference may vary.*



Plate the Dish

Place **wheat berry-edamame mix** in a bowl and artfully (or not-so-artfully) arrange **roasted vegetables** on top. *Remember to pile it high like Buddha's belly!* Top with **kale chips**, garnish with remaining **lemon zest**, and serve with **dressing**.