



**NUTRITION** *per serving* 108g carbohydrates 10g fat 17g protein 1595mg sodium | low-calorie, vegetarian, dairy-free, soy-free, shellfish-free, nut-free



Calories  
570



Prep & Cook Time  
40-50 min.



Cook Within  
7 days



Difficulty  
Easy



Spice Level  
Medium

#### IN YOUR BOX

¾ cup Semi-Pearled Farro  
14 oz. Sweet Potato  
.96 fl. oz. Pure Maple Syrup  
4 oz. Collard Greens  
1 Roma Tomato  
2 Garlic Cloves  
¼ tsp. Red Pepper Flakes  
½ oz. Dijon Mustard  
1 fl. oz. Apple Cider Vinegar

#### IN YOUR KITCHEN

Olive Oil  
Salt  
Pepper  
Cooking Spray  
Baking Sheet  
Wire-Mesh Strainer  
Medium Pot  
Medium Non-Stick Pan  
Small Bowl

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HOME CHEF

## Maple-Roasted Sweet Potato and Farro Bowl

with collard greens, Roma tomato, and maple-Dijon vinaigrette

## BEFORE YOU COOK

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

## WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- **Heads Up!** **Maple syrup** is used twice. Half flavors **sweet potato** and remaining is added to **vinaigrette**.
- **Spice Alert!** A little goes a long way when it comes to **red pepper flakes**. Add a pinch at first, taste, and add more if desired.

## FROM THE CHEF

Having trouble cutting that wobbly sweet potato? Trim off ¼” along its length and cut that section into ¼” dice. Turn sweet potato onto its flat side. You now have a flat base to work from while you dice remaining sweet potato.

### Did you know...

*Farro comes from a variety of wheat that has grown in the Fertile Crescent for millennia. It's high in protein, fiber, and a host of nutrients like magnesium and iron.*



1

## Cook the Farro

Bring a medium pot with **farro** and 2 cups **water** to a boil over high heat. Reduce heat to medium-low, cover, and simmer until farro is tender, 25-30 minutes. Drain well in wire-mesh strainer and set aside to cool. Season with ¼ tsp. **salt** and a pinch of **pepper**. While farro cooks, prepare sweet potato.



2

## Cook the Sweet Potato

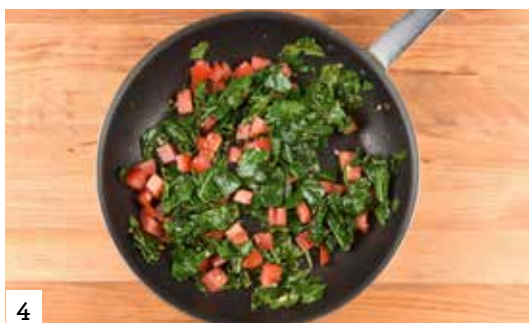
Cut **sweet potato** into ¼” dice. Place on prepared baking sheet and toss with 2 tsp. **olive oil** and ½ tsp. **salt**. Spread into a single layer and roast until tender and golden brown, 20-25 minutes. Remove from oven and toss with **half the maple syrup** (reserve remaining for vinaigrette). While sweet potato roasts, prepare ingredients.



3

## Prepare the Ingredients

Stem and coarsely chop **collard greens**. Core **Roma tomato** and cut into ¼” dice. Mince **garlic**.



4

## Cook Collard Greens and Tomato

Place a medium non-stick pan over medium heat. Add 1 tsp. **olive oil** and **garlic** to hot pan. Cook until fragrant, 30 seconds. Add **collard greens**, **red pepper flakes** (to taste), and 2 Tbsp. **water** to pan. Cook until collard greens are tender and bright green, 4-7 minutes. Add **diced tomato** and cook until warmed through, 1-2 minutes. Remove pan from burner.



5

## Make the Vinaigrette

Place **Dijon mustard**, **cider vinegar**, remaining **maple syrup**, 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper** to a small bowl and whisk together.



6

## Plate the Dish

Serve **farro** in a shallow bowl or plate. Top with **collard greens** and **diced tomato**. Scoop roasted **sweet potatoes** on top and drizzle with **vinaigrette** or serve on side.