



#### In your box

1 tsp. Multicolor Sesame Seeds  
1 Avocado  
¾ cup Jasmine Rice  
18 oz. Sweet Potato  
6 oz. Snap Peas  
1 Lime  
3 fl. oz. Garlic Sesame Sauce  
2 tsp. Sriracha  
3 oz. Matchstick Carrots

#### Customize It Options

8 oz. Shrimp  
12 oz. Ground Turkey  
13 oz. Boneless Skinless Chicken  
Breasts



## Sesame Sweet Potatoes and Avocado

with sugar snap peas and jasmine rice

NUTRITION per serving—Calories: 838, Carbohydrates: 139g, Fat: 34g, Protein: 15g, Sodium: 1559mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients  
*\*Nutrition & allergen information may vary by protein. Please review protein and meal labels for details.*

Prep & Cook Time  
**30-40 min.**

Cook Within  
**4 days**

Difficulty Level ● ● ●  
**Intermediate**

Spice Level ● ● ● ●  
**Mild**

## ① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Baking Sheet, Small Pot, Mixing Bowl, Large Non-Stick Pan

## 👨‍🍳 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 **400 degrees**
- ☐ Thoroughly rinse produce and pat dry
- ☐ Prepare a baking sheet with foil and cooking spray
- ☐ Ingredient(s) used more than once: **garlic sesame-Sriracha sauce, sesame seeds**
- ☐ Check **avocado** for ripeness upon delivery. If unripe, close in a paper bag, either alone or with a banana, apple, or tomato. Let sit on a counter for a couple days.



### Cook the Rice

- Bring a small pot with 1½ cups **water, rice**, and a pinch of **salt** to a boil.
- Reduce to a simmer, cover, and cook until rice is tender, 18-20 minutes.
- Remove from burner and set aside covered.
- While rice cooks, prepare ingredients.



### Prepare the Ingredients

- Cut **sweet potato** into ½" dice.
- If desired, pull strings from sugar snap peas. *If string is hard to find and remove, make a very thin cut lengthwise along the string.*
- Quarter **lime**.
- Combine **garlic sesame sauce, Sriracha** (to taste), and 2 Tbsp. **water** in a mixing bowl. Set aside.



### Roast the Sweet Potato

- Toss **sweet potato** on prepared baking sheet with 2 tsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper**. Massage oil into sweet potatoes.
- Spread into a single layer and roast until tender, 25-30 minutes.
- After sweet potatoes have roasted 15 minutes, cook vegetables.
- *Meat lovers! If using protein, prepare while potatoes cook. If using **chicken**, pat dry and cut into 1" pieces on a separate cutting board. Season all over with ¼ tsp. salt and a pinch of pepper. Stir occasionally with 2 tsp. olive oil in a medium non-stick pan over medium-high heat until chicken reaches a minimum internal temperature of 165 degrees, 5-7 minutes. If using **shrimp**, pat dry. Cook with 1 tsp. olive oil in a medium non-stick pan over medium-high heat until shrimp reaches a minimum internal temperature of 145 degrees, 2-3 minutes per side. If using **ground turkey**, cook in a medium non-stick pan over medium-high heat with 1 tsp. olive oil. Break into small pieces with a spoon until no pink remains, 7-9 minutes. Season with ¼ tsp. salt and a pinch of pepper.*



### Cook Vegetables and Prepare Avocado

- Place a large non-stick pan over medium-high heat. Add 1 tsp. **olive oil**, **sugar snap peas**, and **matchstick carrots** to hot pan. Stir constantly until sugar snap peas are tender but still crisp, 2-4 minutes.
- Stir in 1 Tbsp. **garlic sesame-Sriracha sauce** (reserve remaining for sweet potato). Bring to a simmer, then simmer until sauce thickens slightly, 1 minute.
- Transfer vegetables to a plate. Reserve pan; no need to wipe clean.
- Halve **avocado** and scoop out flesh with a spoon. Cut into ¼" slices across the length.



### Glaze Sweet Potato and Finish Dish

- Return pan used to cook vegetables to medium-high heat. Add **sweet potato**, remaining **garlic sesame-Sriracha sauce**, and half the **sesame seeds** (reserve remaining for garnish) to hot pan.
- *If using protein, add to pan.*
- Bring to a simmer. Once simmering, stir constantly until sauce thickens to coat potatoes, 1-2 minutes.
- Season with a pinch of **salt** and **pepper**.
- Plate dish as pictured on front of card, placing sweet potato, **vegetables**, and **avocado** on **rice** and garnishing with remaining sesame seeds. Squeeze **lime wedges** over dish to taste. Bon appétit!

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