



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



Sesame Sweet Potatoes and Avocado

with sugar snap peas and jasmine rice

NUTRITION per serving—Calories: 843, Carbohydrates: 140g, Fat: 34g, Protein: 15g, Sodium: 1559mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
35-45 min.

Cook Within
7 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

🕒 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.



1

Cook the Rice

- Bring a small pot with 1½ cup **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.



2

Prepare the Ingredients

- Cut **sweet potato** into ½” dice. *Having trouble cutting that wobbly sweet potato? Trim off ¼” along its length and cut that section into ½” dice. Turn sweet potato onto its flat side. You now have a flat base to work from while you dice remaining sweet potato.*
- Remove strings from **sugar snap peas**, if necessary.
- Quarter **lime**.
- Combine **garlic sesame sauce, Sriracha** (to taste), and 1 Tbsp. **water** in a mixing bowl. Set aside.



3

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 cooked 15 minutes, cook vegetables.



4

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 crisp-tender, 2-4 minutes.
- Stir in 1 Tbsp. **garlic sesame-Sriracha sauce** (reserve remaining for sweet potato). Cook until sauce slightly thickens, 1 minute.
- Remove 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.



5

Finish the Sweet Potato

- 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.
- Stir constantly until sauce reduces to a light glaze, 1-2 minutes. Season with **salt** and **pepper** to taste.
- Plate dish as pictured on front of card, garnishing with remaining sesame seeds. Squeeze **lime wedges** over dish to taste. Bon appétit!