



In your box

¼ oz. Cilantro
18 oz. Sweet Potato
¾ cup Jasmine Rice
1 Lime
15 ½ oz. Black Beans
1 Roma Tomato
1 ½ oz. Mayonnaise
1 Tbsp. Taco Seasoning
1 oz. Tortilla Strips
1 oz. Crispy Jalapeños



Sweet Potato and Black Bean Taco Bowl

with cilantro rice and crispy jalapeños

NUTRITION per serving—Calories: 983, Carbohydrates: 150g, Fat: 33g, Protein: 16g, Sodium: 1508mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
25-35 min.

Cook Within
7 days

Difficulty Level ● ● ● ●
Easy

Spice Level ● ● ● ● ●
Mild

🕒 You will need

Olive Oil, Salt, Pepper, Cooking Spray
Baking Sheet, Small Pot, Mixing Bowl, Medium 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: **cilantro**



1

Roast the Sweet Potato

- Cut **sweet potato** into ½” dice. Place on prepared baking sheet and toss with 1 Tbsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Massage oil into potatoes.
- Spread into a single layer and roast in hot oven, 12 minutes.
- Remove from oven and carefully stir. Spread into a single layer again and roast until browned and tender, 8-10 minutes.
- While sweet potato roasts, cook rice.



2

Cook the Rice

- Bring a small pot with **rice** and 1½ cup **water** to a boil. Reduce to a simmer, cover, and cook until tender, 18-20 minutes.
- Remove from burner and stir in half the **cilantro** (reserve remaining for sauce and garnish). *Cilantro will be prepared while rice cooks.* Cover again and set aside.
- While rice cooks, prepare ingredients.



3

Prepare Ingredients and Make Sauce

- Zest and halve **lime**. Quarter one half and juice remaining half.
- Mince **cilantro**, leaves and stems.
- Drain **black beans**.
- Core **tomato** and cut into ¼” dice.
- In a mixing bowl, combine **mayonnaise**, 2 tsp. **lime juice**, 1 tsp. **lime zest**, remaining cilantro (reserve a pinch for garnish), and a pinch of **pepper**. Set aside.



4

Sauté the Black Beans

- Place ⅓ cup **water**, **black beans**, and **taco seasoning** in a medium pan over medium-high heat.
- Bring to a rolling boil. *Rolling means more than a few bubbles; a rolling boil means water is boiling vigorously.*
- Boil, stirring occasionally, 2-3 minutes.
- Remove from burner.



5

Assemble the Bowls

- Plate dish as pictured on front of card, placing **black beans** and **sweet potato** on top of **rice** and garnishing with **tomato**, **tortilla strips**, remaining **cilantro**, and **crispy jalapeños** (to taste). Serve **sauce** on the side and squeeze **lime quarters** over bowl to taste. Bon appétit!