



In your box

2 Green Onions
¾ cup Jasmine Rice
18 oz. Sweet Potato
½ cup Tempura Mix
2 ½ fl. oz. Ponzu Sauce
1 Tbsp. Chopped Ginger
6 fl. oz. Canola Oil
1 Avocado
4 oz. Slaw Mix
1 tsp. Furikake Seasoning



Crispy Tempura Sweet Potato Bowl

with avocado and jasmine rice

NUTRITION per serving—Calories: 799, Carbohydrates: 138g, Fat: 23g, Protein: 12g, Sodium: 1545mg.
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 ● ● ● ●
Not Spicy

🕒 You will need

Salt, Pepper

Small Pot, Microwave-Safe Bowl, 2 Mixing Bowls,
Medium 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!

- ☐ Thoroughly rinse produce and pat dry
- ☐ Ingredient(s) used more than once: **green onions**



1

Cook the Rice

- Bring a small pot with **rice**, 1½ cups **water**, and a pinch of **salt** to a boil over medium-high heat.
- Cover, reduce heat to low, and simmer until rice is tender, 18-20 minutes.
- Remove from burner.
- While rice cooks, prepare ingredients.



2

Prepare the Ingredients

- Halve **sweet potato** and cut into ¼" half-moons.
- Trim and thinly slice **green onions**.
- Place sweet potato in a microwave-safe bowl and cover with a damp paper towel. Microwave until crisp-tender and easily pierced with a fork, 4-6 minutes. *Check for doneness after 4 minutes.*



3

Batter Sweet Potatoes and Make Sauce

- In a mixing bowl, add **tempura mix** and ⅓ cup **water** and combine. Add water, 1 Tbsp. at a time, until a thin batter forms.
- Add **sweet potatoes** to batter and stir until coated completely.
- In another mixing bowl, add **ponzu**, **ginger**, **green onions** (reserve a pinch for garnish), and a pinch of **pepper**. Stir until combined. Set aside.



4

Fry the Sweet Potatoes

- Place a medium non-stick pan over medium-high heat and add **canola oil**. Let oil heat, 4-5 minutes. Line a plate with a paper towel.
- Test oil temperature by adding a pinch of **batter** to it. It should sizzle gently. If it browns immediately, turn heat down and let oil cool. If it doesn't brown, increase heat.
- Working in batches, carefully add **sweet potatoes** to hot oil. Flip occasionally until potatoes are deep golden brown, 4-6 minutes.
- Remove cooked potatoes to towel-lined plate. Season with a pinch of **salt**.



5

Finish the Dish

- Halve **avocado** and remove pit by *carefully* tapping pit with the blade of your knife so it sticks. Gently twist knife to release pit. Scoop out the flesh with a spoon. Cut into ½" dice.
- Plate dish as pictured on front of card, placing **rice** in a bowl and topping with **slaw**. Drizzle slaw with **sauce** (to taste). Top with avocado and **sweet potatoes** and garnish with **furikake** and remaining **green onions**. Bon appétit!