



In your box

- 2 oz. Shredded Cheddar Cheese
- 2 fl. oz. Buttermilk Ranch Dressing
- 1 Jalapeño Pepper
- ¼ oz. Cilantro
- 1 Red Bell Pepper
- 1 Red Onion
- 1 Tbsp. BBQ Spice Rub
- ¾ cup Semi-Pearled Farro
- 4 oz. Kale
- 18 oz. Sweet Potato



BBQ Sweet Potato Buddha Bowl

with farro and ranch dressing

NUTRITION per serving—Calories: 907, Carbohydrates: 129g, Fat: 35g, Protein: 26g, Sodium: 1358mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
30-40 min.

Cook Within
7 days

Difficulty Level ● ● ● ● ●
Intermediate

Spice Level ● ● ● ● ●
Mild

① You will need

Olive Oil, Salt, Pepper, Cooking Spray

Small Pot, Wire-Mesh Strainer, Large Non-Stick Pan, Baking Sheet

👑 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



1

Cook the Farro

- Bring a small pot with **farro**, 1½ cups **water**, and a pinch of **salt** to a boil. Reduce to a simmer, cover, and cook until tender, 18-22 minutes.
- Drain farro in a wire-mesh strainer (there may not be any excess water).
- While farro cooks, roast potatoes.



2

Roast the Sweet Potatoes

- Quarter **sweet potato** lengthwise. Cut into ½" pieces.
- Place potatoes on prepared baking sheet and toss with 1 Tbsp. **olive oil**, **BBQ spice rub**, and a pinch of **salt** and **pepper**. Massage oil and seasoning into potatoes.
- Spread into a single layer and roast in hot oven until tender, 15-18 minutes.
- While potatoes roast, prepare ingredients.



3

Prepare the Ingredients

- Coarsely chop **kale**.
- Stem **jalapeño**, halve, seed, remove ribs, and mince. *Wash hands and cutting board after working with jalapeño.*
- Halve and peel **onion**. Slice halves into thin strips.
- Stem, seed, remove ribs, and cut **red bell pepper** into thin strips.
- Mince **cilantro** (no need to stem).



4

Cook the Vegetables

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **red bell pepper**, **jalapeño** (to taste), and **onion** to hot pan. Stir occasionally until lightly charred, 3-5 minutes.
- Add **kale**, ¼ tsp. **salt**, and a pinch of **pepper**. Stir occasionally until wilted, 2-3 minutes.
- Remove from burner.



5

Finish the Dish

- Plate dish as pictured on front of card, topping **farro** with **sweet potatoes** and **vegetables**. Drizzle **ranch dressing** over bowl and garnish with **cheese** and **cilantro**. Bon appétit!