

MARLEY SPOON



Roasted Sweet Potato and Kale

with Almonds, Dates and Goat's Curd



20-30min



4 Portions

Superfoods turn into a super salad with this nutritious and satisfying Autumn dinner. Sweet potato is not only low-GI, but tastes superb roasted, especially when it's coated in a smoky spice mix, while kale is packed full of fibre. This delicious main-course salad will leave you feeling full and fabulous!

What we send

- Dates, Pitted
- Pepitas
- goat's curd ⁷
- sweet potato
- spice mix
- lemon
- Lettuce, Kale
- Nuts, Almonds, Slivered ¹⁵

* The remainder of this ingredient won't be used in this recipe.

What you'll require

- olive oil
- salt and pepper

Utensils

- baking paper
- grater

- Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

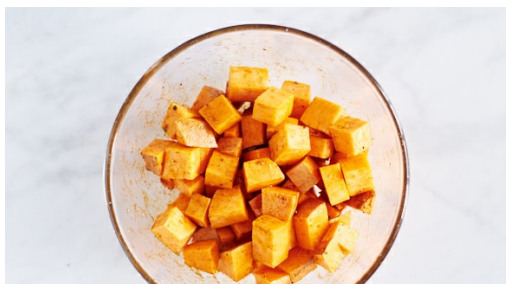
2P = 2 portions. 4P = 4 portions.

Allergens

Milk (7), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 760.0kcal, Fat 30.2g, Proteins 19.5g, Carbs 94.0g



1. Roast sweet potato

Preheat oven to 220C. Line 2 large oven trays with baking paper. Cut **sweet potato** into 2cm chunks. Combine 1 tbs **oil**, **spice mix** (use half for 2P** see cooking tip), and **sea salt and pepper** in a large bowl. Add potato, toss to coat, then place in a single layer on one tray. Roast for 30 mins or until golden and tender, turning halfway through.



4. Roast kale

Tear **kale** into bite-size pieces, discarding stems, and place in a large bowl. Toss with 1 tbs **oil** and season with **sea salt and pepper**. When **sweet potatoes** have about 8 mins left, place kale on a tray and roast in oven until wilted and crispy in parts.



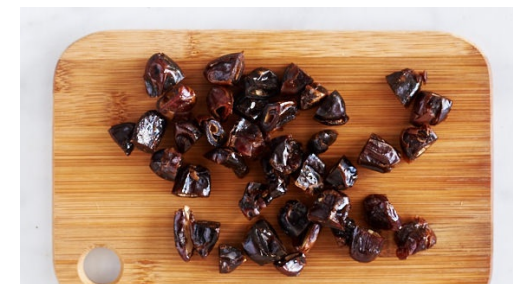
2. Toast nuts and seeds

Meanwhile, place **almonds** and **pepitas** on a separate oven tray and roast for 3-5 mins until golden and fragrant. Remove and set aside.



5. Make dressing

Finely grate the **lemon zest** into a bowl. Juice the **lemon** (half for 2P) into the same bowl. Add 1 tbs **oil** and season with **sea salt and pepper**, whisking to combine. Cut remaining lemon into wedges.



3. Chop dates

Cut the **dates** into 1cm chunks.



6. Get ready to serve

Divide **kale**, **dates** and **warm sweet potato** among plates. Sprinkle over the **nuts** and **seeds** and spoon over the **goat's curd**. Serve with **lemon wedges** and drizzle with the **dressing**.