

MARLEY SPOON



Roasted Sweet Potato and Kale

with Nuts, Dates and Goat's Curd



20-30min



4 Portions

Superfoods turn into a super salad with this nutritious and satisfying summer 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

- slivered almonds ¹⁵
- kale
- lemon
- pitted dates
- pepitas
- sweet potato
- paprika coriander mix
- goat's curd ⁷

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

What you'll require

- olive oil
- sea salt and pepper

Utensils

- baking paper
- grater

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

Cooking tip

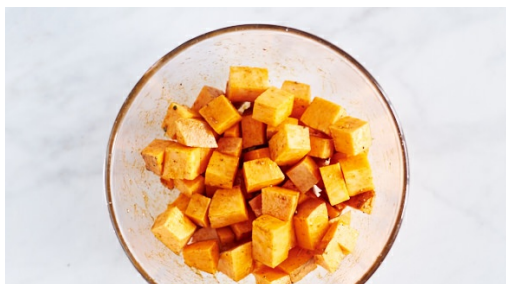
Our recipes now come in two sizes: 2P = 2 portions | 4P = 4 portions.

Allergens

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

Nutrition per serving

Energy 825.0kcal, Fat 36.2g, Proteins 23.3g, Carbs 90.4g



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 **salt and pepper** in a large bowl. Add **sweet 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 **salt and pepper**. When **sweet potatoes** have about 8 mins left, place **kale** on a tray and roast in oven for 8 mins or until wilted and crispy in parts.



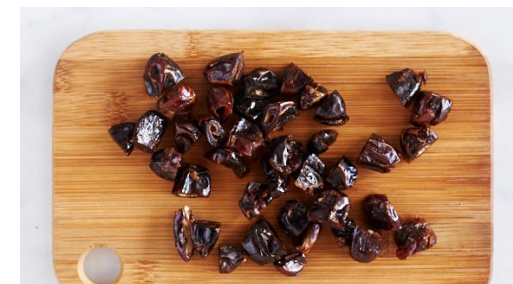
2. Toast nuts and seeds

Meanwhile, place **almonds** and **pepitas** on the second lined tray and roast for 3-5 mins until golden and fragrant. Remove and set aside.



5. Make dressing

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



3. Chop dates

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



6. Get ready to serve

Divide the **kale**, **dates** and warm **sweet potato** among plates. Scatter over the **nuts and seeds** and spoon over the **goat's curd**. Drizzle with the **dressing** to serve.