



Miso-Glazed Sweet Potatoes

with Chinese Broccoli & Edamame Rice



30-40min



2 Servings

This is the kind of healthy, balanced meal that feels good to choose, and tastes even better to eat. A foundation of whole grain brown rice and protein-rich edamame is topped with crisp-tender Chinese broccoli and oven-caramelized sweet potatoes that are glazed in a savory miso-mirin sauce. Fresh scallions, crunchy sesame seeds, and a drizzle of extra sauce take it over the top. Cook, relax, an...

What we send

- sweet potato
- quick-cooking brown rice
- mirin
- toasted sesame seeds ¹¹
- Chinese broccoli
- scallions

What you need

- kosher salt & ground pepper
- white wine vinegar ¹⁷

Tools

- fine-mesh sieve
- medium saucepan
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sesame (11), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

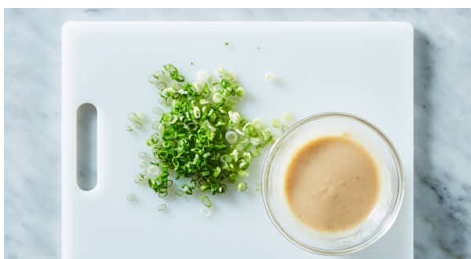
Nutrition per serving

Calories 810.0kcal, Fat 29.0g, Proteins 21.0g, Carbs 120.0g



1. Cook rice

Preheat oven to 425°F with a rack in the upper third. Fill a medium saucepan with **salted water** and bring to a boil. Add **rice** to boiling water (cook like pasta), uncovered, over high heat until tender, 20-25 minutes. Add **edamame** during the last 2 minutes of cooking. Drain well. Return to saucepan and cover to keep warm.



4. Prep scallions & dressing

Trim ends from **scallions**, then thinly slice. In another small bowl, whisk together **all of the tahini**, **2 tablespoons miso-mirin glaze**, and **2 tablespoons water**. Season to taste with **salt** and **pepper**.



2. Roast sweet potato

Peel **sweet potato**, then cut into ½-inch thick rounds. On a rimmed baking sheet, toss sweet potatoes with **1 tablespoon oil** and season with **salt** and **pepper**. Spread on half of the baking sheet, and roast in oven until tender, about 20 minutes.



5. Broil vegetables

Once **sweet potatoes** are baked, remove from oven, and brush on one side with **remaining miso-mirin glaze**. Switch oven to broil. Add **Chinese broccoli** to other side of the rimmed baking sheet. Broil in oven until sweet potatoes are lightly caramelized and Chinese broccoli stems are crisp-tender, 3-5 minutes (watch closely as ovens vary).



3. Prep glaze & broccoli

Meanwhile, in a small bowl, whisk together **1 tablespoon vinegar**, **all of the miso and mirin**, and season to taste with **salt** and **pepper**. Trim ends from **Chinese broccoli**, then thinly slice stems, and cut greens into ½-inch slices crosswise. In a medium bowl, toss Chinese broccoli with **1 tablespoon oil** and sprinkle with **salt** and **pepper**.



6. Assemble bowls & serve

Stir **all but 1 tablespoon scallions** into **rice**. Season to taste with **salt** and **pepper**. Serve **rice** topped with **sweet potatoes** and **Chinese broccoli**. Drizzle **miso-tahini dressing** over top and sprinkle with **sesame seeds** and **reserved scallion**. Enjoy!