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Roasted Sweet Potato and Kale Salad

with Almonds, Dates, and Parmesan



20-30min



4 Servings

We're loading up on veggies and good-for-you ingredients with this nutritious, warm salad that's made up of some of our favorite superfood heroes—sweet potato and kale. With crunchy almonds, sweet dates, and nutty Parmesan, it's not to be missed. Cook, relax, and enjoy!

What we send

- curly kale
- medjool dates
- sweet potatoes
- lemon

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil
- sugar

Tools

- 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

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

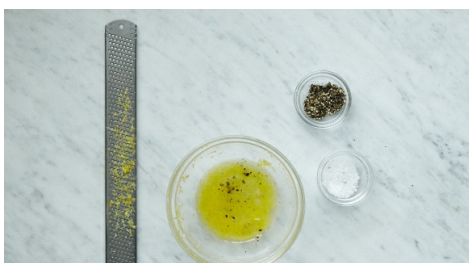
Nutrition per serving

Calories 562.0kcal, Fat 38.1g, Proteins 12.5g, Carbs 48.3g



1. Prep ingredients

Preheat oven to 450°F with rack in the center. Scrub **sweet potatoes**, then cut crosswise into ½-inch slices, halve or quarter lengthwise if large (no need to peel). Strip **kale leaves** from stems, and tear leaves into bite-size pieces, discarding stems. Place kale in a large bowl and toss with **1½ tablespoons olive oil**, **½ teaspoon salt**, and **a few grinds pepper**.



4. Make lemon dressing

Zest **1 lemon** into a medium bowl; halve **both lemons** and squeeze **¼ cup lemon juice** into same bowl. Whisk in **¼ teaspoon sugar**, **¼ cup oil**, and season to taste with **salt** and **pepper**.



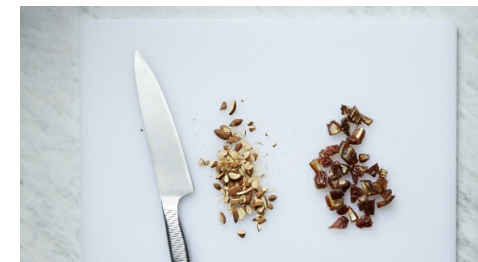
2. Roast vegetables

On a rimmed baking sheet, toss **sweet potato** with **2 tablespoons oil**, **½ teaspoon salt**, and **a few grinds pepper**. Roast in center of oven until tender, but not browned, about 20 minutes. Add **half of the kale** (save rest for step 5), return baking sheet to the oven and roast 5-10 minutes, or until kale is wilted and crispy in spots.



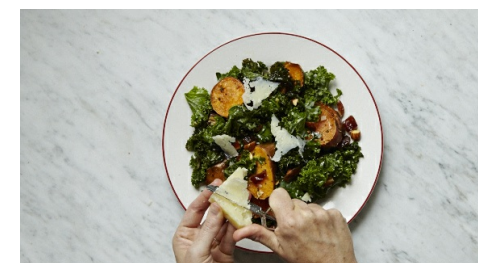
5. Finish salad

Add **cooked sweet potatoes** and **kale** to the large bowl with **raw kale**, along with **almonds**, **dates**, and **lemon dressing**. Toss well to combine and season to taste with **salt** and **pepper**.



3. Chop almonds & dates

Roughly chop **almonds**. Remove and discard pits from **dates** and roughly chop.



6. Garnish & serve

Divide **salad** between plates. Using a vegetable peeler, shave strips of **Parmesan** on top. Enjoy!