



SWEET POTATO SUNSHINE BOWL

with Crispy Chickpeas, Avocado, and Citrus Dressing over Farro



HELLO FARRO

An ancient grain that's rich in fiber and full of nutty flavor

PREP: 5 MIN | **TOTAL: 30 MIN** | **CALORIES: 970**



START STRONG

The chickpeas may pop a bit while they're roasting in the oven. Don't worry—this is completely natural.



BUST OUT

- Medium pot
- Peeler
- Strainer
- Baking sheet
- Medium bowl
- Olive oil (4 tsp | 8 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

• Veggie Stock Concentrate	1 2
• Orange	1 2
• Lemon	1 1
• Sweet Potatoes	2 4
• Chickpeas	13.4 oz 26.8 oz
• Farro	¾ Cup 1½ Cups
• Dijon Mustard	1 tsp 2 tsp
• Avocado	1 2
• Arugula	2 oz 2 oz
• Almonds	1 oz 2 oz
• Feta Cheese	½ Cup 1 Cup

HELLO WINE



PAIR WITH

Aperçu Pays d'Oc Chardonnay,
2016

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1 PREHEAT AND PREP

Wash and dry all produce. Adjust rack to middle position and preheat oven to 400 degrees. In a medium pot, bring **3½ cups water** and **stock concentrate** to a boil. Halve **orange** and **lemon** crosswise. Peel **sweet potatoes**, then cut into ½-inch cubes. Drain and rinse **chickpeas**.



4 MAKE DRESSING

In a medium bowl, whisk together **mustard**, juice from **1 lemon half**, juice from **1 orange half**, and a large drizzle of **olive oil**. Season with **salt** and **pepper**.

TIP: To add extra citrus to your salad, peel the remaining orange half and chop into pieces. Otherwise, save it and the remaining lemon half for another use.

2 ROAST SWEET POTATOES

Toss **sweet potatoes** on one side of a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Toss **chickpeas** on other side of sheet with another drizzle of olive oil and a pinch of salt and pepper. Roast in oven until sweet potatoes are tender and chickpeas are crisp, 20-25 minutes.



5 PREP AVOCADO AND DRESS FARRO

Halve, peel, and pit **avocado**, then thinly slice. Toss **farro** with half the **dressing**.

3 COOK FARRO

Once stock is boiling, add **farro** to pot. Cover, lower heat, and simmer until tender, 25-30 minutes. **TIP:** If there is still water in pot after cooking, drain farro, then return to pot.



6 FINISH AND PLATE

Divide **farro** between plates. Toss **arugula** with as much of the remaining **dressing** as you like, then place on top of farro. Arrange **sweet potatoes**, **chickpeas**, **avocado**, and **orange pieces** (if using) on top of arugula. Sprinkle with **almonds** and **feta cheese**.

JUICY!

That orange and lemon dressing is like liquid sunshine.