

Sweet Potato, Kale & Rice Bowl with Peanut Sauce

This gem is humble and oh-so delicious. It's all about the Asian peanut butter sauce, which we could eat with a spoon. But since we're supposed to be grown ups, we're restraining ourselves. (Mostly.) Instead, we're tossing it with roasted sweet potatoes, toasted organic tofu, wilted kale and brown rice. The result is crazy good.

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Saucepan
Large Skillet
Rimmed Baking Sheet
Mixing Bowl

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ CONTAINERS

Baked Tofu
Brown Rice
Kale
Peanut Sauce
Sweet Potatoes

Add Protein Cooking Instructions

CHICKEN - Prior to Step 4, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes and slice into 1/2" strips. Serve on top of the rice in Step 5.

STEAK - Prior to Step 4, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes and slice into 1/2" strips. Serve on top of the rice in Step 5.

SHRIMP - Prior to Step 4, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Serve on top of the rice in Step 5.

Good To Know

Chef's Note -- You'll see our method for cooking brown rice is a little unusual. It's faster than the traditional method, and we think the rice ends up fluffier.

Health snapshot per serving – 570 Calories, 28g Protein 11g Fiber,
16 Smart Points

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Sweet Potatoes, Kale, Baked Tofu, Brown Rice, Peanut Butter, Rice Vinegar, Soy Sauce, Brown Sugar, Garlic, Ginger, Spices

meez meals

1. Getting Organized

Preheat your oven to 450 and put a saucepan of water on to boil.

2. Cook the Rice

Add the **Brown Rice** to the saucepan of boiling water and simmer uncovered over medium heat for 30 minutes. Drain, then return it to the pot. Cover and let sit 5 minutes.

We cook our brown rice like pasta. Make sure the water is boiling and you're good to go. Remember: brown rice has a firmer texture than white rice.

3. Roast the Sweet Potatoes

While the rice is cooking, put the **Sweet Potatoes** on to a rimmed baking sheet and drizzle with olive oil, salt and pepper. Toss well, then arrange in a single layer and bake until tender, about 20 to 25 minutes.

4. Cook the Kale & Tofu

Heat 2 Tbsp olive oil in a large skillet over medium-high heat. Add the **Kale** and cook, stirring, until it's bright green and lightly wilted, about 3 to 5 minutes. Season with salt and pepper and transfer to a bowl.

If you prefer softer kale, cook it for a few extra minutes.

Heat another 2 Tbsp olive oil in the now-empty skillet over medium-high heat. Add the **Baked Tofu** to the pan and cook until it crisps in places, about 3 to 5 minutes on each side.

5. Put It All Together

Put the **Peanut Sauce** into a mixing bowl and thin with a little water. Serve the rice topped with kale, tofu and sweet potatoes. Drizzle with the peanut sauce and enjoy!

We found 2 to 4 Tbsp water is just right.

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Instructions for two servings.

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