



SWEET POTATO SUNSHINE BOWL

with Chickpeas, Avocado, Farro and Citrus Vinaigrette

VEGGIE



HELLO FARRO

An ancient grain that's rich in fibre and full of nutty flavour

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 880



Chickpeas



Sweet Potato, cubes



Farro



Avocado



Lemon



Navel Orange



Honey



Arugula



Almonds, sliced, toasted



Feta Cheese, crumbled

BUST OUT

- 2 Baking Sheets
- Small Bowl
- Medium Pot
- Large Bowl
- Zester
- Whisk
- Measuring Spoons
- Salt and Pepper
- Paring Knife
- Olive or Canola oil

INGREDIENTS

2-person

- Chickpeas 1 can
- Sweet Potato, cubes 1 pkg (340 g)
- Farro 1 1 pkg (170 g)
- Avocado 1
- Lemon 1
- Navel Orange 1
- Honey 1 pkg (1 tbsp)
- Arugula 1 pkg (56 g)
- Almonds, sliced, toasted 5 1 pkg (28 g)
- Feta Cheese, crumbled 2 1 pkg (56 g)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

START STRONG

Preheat the oven to **450°F** (to roast the chickpeas and sweet potatoes). Start prepping when the oven comes up to temperature!



1 ROAST CHICKPEAS
Wash and dry all produce.* Drain and rinse the **chickpeas**. On a baking sheet, toss the chickpeas with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 28-30 min.



4 PREP
Meanwhile, zest, then juice the **lemon**. Zest $\frac{1}{4}$ **tsp orange zest**. Cut a piece off the top and bottom ends of the **orange**. Place the flat end of the orange on a cutting board, cut the peel away from the flesh from top to bottom, turning the orange as you go.



2 ROAST POTATOES
Meanwhile, on another baking sheet, toss the **sweet potatoes** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of oven, stirring halfway through, until golden-brown and tender, 18-20 min.



5 SEGMENT ORANGE
Once peeled, slip a paring knife along each side of the "membranes" (the white lines) of the **orange** to release the segments into a small bowl. Squeeze the leftover **orange membranes** over a large bowl to release the juice. Whisk the **lemon zest, lemon juice, orange zest, honey** and a drizzle of **oil** into the orange juice.



3 COOK FARRO
Meanwhile, in a medium pot, combine the **farro** with enough **salted water** to cover. Bring to a boil, then reduce the heat to medium. Cover and cook until tender, 18-20 min. (Drain when the farro is tender and return to the pot.)



6 FINISH AND SERVE
Peel and thinly slice the **avocado**. Add the **farro, chickpeas, sweet potato** and avocado to the **dressing**. Divide between plates. Top with the **orange segments** and **arugula**. Sprinkle with **almonds** and **feta**.

GIVE ME A 'C'!

This vitamin C-packed citrus dressing is like liquid sunshine!