



ROASTED SWEET POTATO & CRISPY MUSHROOM HUMMUS BOWL

SERVES 2 OR 4

TIME: 45 MIN

CALORIES: 430/SERVING



Creamy hummus, crispy mushrooms, caramelized sweet potatoes, and lightly charred broccolini come together with an herby zingy warm lentil salad to make the bowl of vegan dreams.

WHAT YOU'LL NEED

- Baking sheet
- Small pot
- Silicone baking mat (optional)
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

2 servings

4 servings

Shiitake mushrooms	3 oz	6 oz
Broccolini	1 bunch	2 bunches
Sweet potato	1	1-2
Hummus	2/3 cup	1 1/3 cup
Brown lentils	1/3 cup	2/3 cup
Lemon	1	1
Dill	1/8 bunch	1/4 bunch

Nutrition Facts Valeur nutritive

Per Serving (233 g)
pour 1 (233 g)

Calories 430 % Daily Value*
% valeur quotidienne*

Fat / Lipides 22 g 29 %
Saturated / saturés 3.0 g 15 %
+ Trans / trans 0 g

Carbohydrate / Glucides 44 g
Fibre / Fibres 12 g 43 %
Sugars / Sucres 6 g 6 %

Protein / Protéines 19 g

Cholesterol / Cholestérol 0 mg 0 %

Sodium 350 mg 15 %

Potassium 550 mg 12 %

Calcium 100 mg 8 %

Iron / Fer 5 mg 28 %

*5% or less is a little 15% or more is a lot

*5% ou moins c'est peu 15% ou plus c'est beaucoup



Preheat oven to 400°F. Prep ingredients: Slice **mushrooms**, trim the ends of the **broccolini**, cut the **sweet potato** into large wedges, thinly slice the **green onion**, and roughly chop the **dill**, and rinse the **lentils**.



Toss the **sweet potatoes** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out on a baking sheet lined with a silicone baking mat or lightly greased and roast for 10-15 minutes, until barely golden.



Meanwhile, add **lentils** to a small pot and cover with **water**. Bring to a boil then lower to a simmer and cook for 15-20 minutes, until tender but still retain their shape. Drain and transfer to a bowl.



Toss the **mushrooms** and **broccolini** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Flip the **potatoes** and add the **mushrooms** and **broccolini** to the baking sheet and continue roasting for 12-15 minutes, until everything is tender and crispy.



Meanwhile, to the bowl of **lentils**, add most of the **chopped dill** (save some for garnish), along with the **green onions**, juice of half the **lemon**, 1 tbsp of **oil** (2 tbsp for 4 servings), and a pinch each of **salt** and **pepper** and stir gently until combined.



Cut the **remaining lemon** into wedges. Divide and spread the **hummus** on each plate and top with the **lentil salad** and **roasted vegetables**. Season with **salt** and **pepper** to taste and serve with the **remaining dill** and **lemon wedges**.