

Roasted Japanese Sweet Potatoes

with Miso-Dressed Spinach & Candied Cashews

To put a special touch on the spinach in this dish, we're dressing it with a combination of mirin, sesame oil and sweet white miso paste. The velvety consistency of the sauce, mixed with the cooked spinach, creates a unique effect. The result is a rich, hearty version of "creamed spinach" with complex, slightly sweet and wholesome flavor. It's the perfect bed for roasted, sesame-garnished Japanese sweet potato rounds.



Ingredients

¾ Pound Japanese Sweet Potatoes

¾ Cup Brown Rice

6 Ounces Baby Spinach

2 Scallions

Knick Knacks

2 Tablespoons Sesame Oil

2 Tablespoons Sugar

1 1-Inch Piece Ginger

⅓ Cup Sweet White Miso Paste

¼ Cup Cashews

¼ Cup Mirin

1 Teaspoon Spiced Potatoes Spice Blend

(Black Sesame Seeds, White Sesame Seeds, Aleppo Pepper & Kibbled Nori)

Makes 2 Servings

About 650 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Cook the rice:

Preheat the oven to 450°F. In a medium pot, combine the **rice**, a **big pinch of salt** and **1½ cups of water**. Heat to boiling on high. Once boiling, cover and reduce the heat to low. Simmer 28 to 30 minutes, or until the water has been absorbed and the rice is tender. Remove from heat and fluff the finished rice with a fork. Set aside in a warm place.

2



Prepare the ingredients:

While the rice cooks, wash and dry the fresh produce. Cut the sweet potatoes into ½-inch-thick rounds. Cut off and discard the root ends of the scallions. Thinly slice the white bottoms of the scallions on an angle; cut the green tops into 1-inch pieces on an angle. Peel and mince the ginger. In a medium bowl, combine the **sesame oil**, **miso paste** and **mirin**.

3



Roast & dress the sweet potatoes:

While the rice continues to cook, place the **sweet potatoes** on a sheet pan. Drizzle with olive oil and season with salt and pepper; flip to coat. Arrange in a single, even layer and roast 22 to 24 minutes, or until tender when pierced with a fork. Transfer to a bowl; gently toss with the **white bottoms of the scallions** and **half the miso-mirin mixture**. Season with salt and pepper to taste.

4



Candy the cashews:

While the sweet potatoes roast, lightly grease a separate, small sheet pan (or line with parchment paper). In a large pan, heat the **sugar**, a **big pinch of salt** and **2 tablespoons of water** to boiling on medium-high, without stirring. Boil 2 to 3 minutes, or just until medium amber in color. Turn off the heat and immediately add the **cashews**; stir to thoroughly coat. Transfer to the prepared sheet pan; using a spoon or spatula, spread into a single, even layer. Set aside to cool. Carefully wash and dry the pan.

5



Make the miso-dressed spinach:

In the same pan used to candy the cashews, heat 2 teaspoons of olive oil on medium-high until hot. Add the **ginger**; cook, stirring frequently, 30 to 45 seconds, or until fragrant. Add the **spinach**; season with salt and pepper. Cook, stirring frequently, 1 to 2 minutes, or until wilted. Transfer to a strainer; hold or rest the strainer over a bowl. Using a spoon, press down on the spinach to release as much liquid as possible; discard the liquid. Transfer to the bowl of **remaining miso-mirin mixture**; stir to combine and season with salt and pepper to taste.

6



Plate your dish:

Divide the **cooked rice**, **miso-dressed spinach** and **dressed sweet potatoes** between 2 plates. Top with the **candied cashews** (breaking apart, if necessary). Garnish with the **green tops of the scallions** and **spice blend**. Enjoy!