

# SWEET POTATO, KALE, AND BROWN RICE SCRAMBLE

Vata ↓, Pitta ↓, Kapha ↑

**Serves: 3 to 4 / Prep Time: 10 minutes / Cook Time: 45 minutes**

## INGREDIENTS

- 3 1/4 cups of water or chicken broth, divided
- 1 1/2 cups of brown rice
- 1 large sweet potato, chopped
- 4 to 5 large kale leaves, stemmed and chopped
- 1 to 3 tablespoons sesame oil, divided (substituted with coconut oil or olive oil)
- 1/4 teaspoon cumin seeds
- 1/4 teaspoon brown mustard seeds
- Pinch cayenne pepper (omit Pitta types)
- 2 eggs (optional)
- 2 teaspoons ume plum vinegar or soy sauce (optional)
- Salt and fresh ground pepper to taste

## DIRECTIONS

1. Place 3 cups of water (or broth) in the sauce pan and bring to a boil. Once boiling, add the rice and turn the heat down to low-medium. Cook, mostly covered, for 30 to 40 minutes. Once the rice is cooked, cover the pan and let it sit for 5 minutes to soften and fluff up.
2. While this is cooking, begin to prepare the veggies. Chop the sweet potato, about 1/2 inch cubed. Do not peel! The skin has lots of nutrients too!
3. After rinsing off the kale, cut length-wise down each side of the stem to remove it. Take the remaining kale leaves and cut them horizontally at about a 1/2 inch of thickness.
4. Pour 1 to 2 tablespoons of sesame oil into the sauté pan and turn the heat to medium. Add the cumin seeds, mustard seeds, pepper, and cayenne (if used) and sauté for about 2 minutes. Stir frequently until the seeds begin to pop.
5. Add in the sweet potato and 1/4 of water (or broth) and stir well. On a low-medium heat, cover, and cook for 10 minutes. Check and stir every 2 to 3 minutes.
6. After 10 minutes, add the kale and stir until everything is evenly coated with oil and spices. Cover and cook for 5 minutes. Stir halfway through.
7. After the veggies are thoroughly cooked, place them in a bowl and set them aside. Using the same sauté pan, add 1 to 2 teaspoons of sesame oil. Add the eggs (if used) and scramble over a medium heat for 4 to 5 minutes, or until they are fully cooked. Stir every 1 to 2 minutes.

8. Once the eggs are cooked, add the sautéed sweet potatoes and kale back into the pan. Add the cooked brown rice. Mix everything together until it is evenly blended.
9. In a small bowl, mix 1 to 2 tablespoons of sesame oil with 2 teaspoons of ume plum vinegar or soy sauce (if used). Add a dash of cayenne pepper and stir. Note: If you do not use the ume or soy sauce, more salt may be needed to compensate. If you are Kapha by nature, these salty substances should be used minimally.
10. Add this mixture to the scramble and stir until the sauce has evenly coated the entire dish. Add salt and pepper to taste.
11. Serve, share, nourish, and enjoy in good company.