

Italian-Style Sweet Potato Beef Bowl with Whipped Ricotta & Hot Honey

Cooking Times

- **Prep Time:** 15 minutes
 - **Cook Time:** 25 minutes
 - **Servings:** 2 bowls
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Ingredients

For the Roasted Sweet Potatoes

- 2 medium sweet potatoes, cubed (about 4 cups)
- 2 tbsp extra-virgin olive oil
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 1 tsp dried oregano (or rosemary)

For the Beef Polpettine (Mini Meatballs)

- 3/4 lb ground beef (85–90% lean)
- 1 small garlic clove, minced
- 2 tbsp grated Pecorino Romano (optional)
- 1 tbsp chopped fresh parsley
- 1/2 tsp salt
- Black pepper, to taste

For the Whipped Ricotta

- 1 cup whole-milk ricotta (*or cottage cheese for a closer texture*)
- 1 tbsp lemon juice
- Pinch of salt

Quick Hot Honey

- 3 tbsp honey
- 1/2–1 tsp crushed red pepper flakes (to taste)

Optional Bowl Add-Ins (Highly Recommended)

- 1 cup arugula
 - 8–10 cherry tomatoes, halved
 - 2 tbsp toasted sliced almonds or pine nuts
 - Balsamic glaze, for drizzling (optional)
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Instructions

Roast the Sweet Potatoes

1. Preheat oven to **425°F**.
2. Toss sweet potato cubes with olive oil, salt, pepper, and oregano.
3. Spread on a sheet pan and roast **20–25 minutes**, flipping once, until browned and caramelized.

Cook the Polpettine

1. In a bowl, mix ground beef, garlic, parsley, Pecorino (if using), salt, and pepper.
2. Roll into small meatballs (about 1-inch).
3. Sear in a skillet with a small drizzle of olive oil over medium heat **8–10 minutes**, turning until browned and cooked through.

Whip the Ricotta

1. Stir ricotta with lemon juice and a pinch of salt until creamy.
Tip: For extra smooth ricotta, whip with a fork or quick blend.

Make the Hot Honey

1. Warm honey gently (10–15 seconds in the microwave or in a small pan).
2. Stir in red pepper flakes. Let it sit 2 minutes so the flavor blooms.

Assemble the Bowls

1. Add arugula (if using) to the bottom of each bowl.
 2. Top with roasted sweet potatoes and polpettine.
 3. Spoon whipped ricotta over the top.
 4. Finish with hot honey, tomatoes, nuts, and (optional) a light drizzle of balsamic glaze.
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Tips & Tricks

Make it even more Italian

- Add a pinch of **Calabrian chili** or chili powder to the hot honey.
- Swap oregano for **fresh rosemary** while roasting the sweet potatoes.

Meal prep friendly

- Store sweet potatoes and meatballs in separate containers for **3–4 days**.
- Add ricotta and hot honey right before eating.

Want it closer to the original bowl?

- Use **cottage cheese** instead of ricotta and skip the balsamic drizzle.