



# MAPLE-GLAZED CARROTS WITH FIGS

*quinoa, cabbage & green apple slaw with pistachios, feta cheese*

<b>COOK TIME</b>	<b>SERVINGS</b>	<b>CALORIES PER SERVING</b>	<b>MENU</b>
35 MIN	2	900	GLUTEN-FREE

Think maple syrup is just for breakfast? These sweet and earthy carrots prove otherwise! Jewel-toned carrots (seasoned with a blend of sage, ginger, and garlic) are roasted, coated in a buttery maple glaze, then tossed with tender dried figs. It's all served over fluffy quinoa and topped with creamy feta cheese. A cabbage and green apple slaw with pistachios adds a tangy crunch to the meal.

## INGREDIENTS (11 ITEMS)

- 3 whole **Rainbow carrots**
- 1¼ oz **Dried figs**
- 2 oz **Cabbage**
- 1 whole **Granny Smith apple**
- ½ oz **Pistachios** T
- 2 tsp **Sage, ginger & garlic blend**
- ½ tsp **Crushed red pepper flakes**
- ½ cup **White quinoa**
- 1¾ oz **Dijon-white balsamic vinaigrette**
- 1 oz **Maple syrup**
- 2 oz **Feta cheese** M

## WHAT YOU'LL NEED

- small pot with lid
- large nonstick pan
- baking sheet
- mixing bowls
- measuring cup & spoons
- peeler
- oven mitt
- cooking & olive oils
- 2 tbsp butter M
- salt & pepper

## ALLERGENS

- T TREE NUTS (pistachios)
- M MILK

**COOKING FOR 4** If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

**Validate**  
Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.



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## PREP

- Preheat oven to 425 degrees.
- Cut tops off **rainbow carrots\*** and peel. Halve lengthwise. Lay flat and cut across at an angle into pieces, about 1 inch long.
- Cut stem ends off **dried figs** and discard. Place **figs** in a medium bowl. Cover with 1¼ cups water. Let soak at least 5 minutes, or until softened. Once softened, roughly chop **figs** (reserve soaking liquid).
- Roughly chop **cabbage\*** if necessary.
- Stand **Granny Smith apple** upright and cut off sides around core; discard core. Lay sides flat and cut lengthwise into slices, about ¼ inch thick. Cut slices lengthwise into matchsticks, about ¼ inch thick.
- Roughly chop **pistachios**.

*\*The ingredient you received may be a different color.*

COOKING FOR  
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

## SEASON & ROAST CARROTS

- Place **carrots** in a second medium bowl. Drizzle with about 1½ tablespoons cooking oil. Season with **sage, ginger, and garlic blend**, about ¼ teaspoon salt, and a pinch of pepper. Sprinkle with **crushed red pepper flakes\*** to taste. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 18–20 minutes, or until fork-tender, stirring halfway through.

*\*If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

3

## COOK QUINOA

- Heat about 1 tablespoon olive oil in a small pot over medium heat. Add **white quinoa** to hot pot. Season with about ¼ teaspoon salt and a pinch of pepper. Toast about 1 minute, stirring frequently.
- Stir in 1 cup of the reserved **fig soaking liquid**. Bring to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 16–18 minutes, or until quinoa is tender and liquid is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Season with salt and pepper to taste.\* Fluff with a fork.

*\*Taste the quinoa after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

4

## MAKE SLAW

- Place **cabbage, apple, and pistachios** in bowl used for carrots. Drizzle with **Dijon-white balsamic vinaigrette** to taste. Toss to combine. Season with salt and pepper to taste.

5

## FINISH CARROTS

- Place **maple syrup** and 2 tablespoons butter in a large nonstick pan over medium heat. Cook about 1 minute, or until butter melts, stirring frequently.
- Remove from heat. Transfer **carrots** to pan. Add **figs**. Stir to coat. Season with salt and pepper to taste.

6

## PLATE YOUR DISH

- Divide **quinoa** between plates. Top with **maple-glazed carrots with figs**. Sprinkle with **feta cheese**. Serve **cabbage and green apple slaw with pistachios** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (436g)

**Amount per serving**

**Calories** **900**

	% Daily Value*
<b>Total Fat</b> 53g	68%
Saturated Fat 15g	75%
Trans Fat 0.5g	
<b>Cholesterol</b> 55mg	18%
<b>Sodium</b> 1260mg	55%
<b>Total Carbohydrate</b> 89g	32%
Dietary Fiber 15g	54%
Total Sugars 40g	
Includes 1g Added Sugars	2%
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 254mg	20%
Iron 4mg	20%
Potassium 1060mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### All ingredients in this recipe:

**White Quinoa** [white quinoa], **Dried Figs** [dried figs], **Pistachios** [pistachio], **Granny Smith Apple**, **Feta Cheese** [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], **Red Cabbage**, **White Balsamic Vinaigrette** (Sunflower Oil [high oleic sunflower oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Sea Salt, Black Pepper, Granulated Garlic, Ground Rosemary), **Crushed Red Pepper Flakes**, **Rainbow Carrots**, **Maple Syrup** [organic pure maple syrup], **Sage, Ginger & Garlic Blend** (Dried Sage, Dried Ginger, Granulated Garlic)

### Allergen information:

Contains Milk And Tree Nuts

*Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.*

*Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.*