



**GREEN
CHEF**

HARISSA-ROASTED CARROT & QUINOA BOWLS

dates, cucumber tomato salad, lemon herb crema, almonds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

590

MENU

GLUTEN-FREE // MEDI

These colorful bowls are brimming with contrasting flavors, textures, and temperatures—all brought together with a tangy lemon herb crema. Warm roasted carrots, spiced with smoky harissa and ginger, collide with the cool crunch of the cucumber salad. The veggies are served over fluffy quinoa strewn with sweet, chewy dates, which balance out the briny olives in the salad. Crisp roasted almonds and fresh chopped parsley are sprinkled on top for the perfect finishing touch.



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



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.

INGREDIENTS (12 ITEMS)

4 whole **Rainbow carrots**
1 tsp **Smoky harissa & ginger blend**
¾ oz **Dates**
1 whole **Vegetable stock concentrate**
½ cup **White quinoa**
1 whole **Cucumber**
1 whole **Roma tomato**
⅓ oz **Kalamata olives**
1 whole **Lemon**
¼ oz **Parsley**
½ oz **Roasted almonds** **T**
2 oz **Sour cream** **M**

WHAT YOU'LL NEED

small pot with lid
baking sheet
mixing bowls
measuring cup & spoons
peeler
oven mitt
cooking & olive oils
¼ tsp sugar
salt & pepper

ALLERGENS

T TREE NUTS (almonds)
M MILK

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

1 SEASON & ROAST CARROTS

- Preheat oven to 400 degrees.
- Cut tops off **rainbow carrots*** and peel. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ½ inch thick.
- Place **carrots** in a medium bowl. Drizzle with 1 tablespoon cooking oil. Season with **smoky harissa and ginger blend**, ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **carrots** out in a single layer on a lightly oiled, foil-lined baking sheet. (Reserve bowl.) Roast 20–22 minutes, or until fork-tender, stirring halfway through.

**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 COOK QUINOA

- Cut **dates** widthwise into slices, about ¼ inch thick.
- Bring 1 cup water, **dates**, **vegetable stock concentrate**, and ¼ teaspoon salt to a boil in a small pot. Stir to combine.
- Once boiling, stir in **white quinoa**. Return to a boil, then reduce heat to medium low. Cover pot with lid. Simmer 16–18 minutes, or until quinoa is tender and water has absorbed.

3 PREP

- Cut ends off **cucumber**. Peel if desired. Quarter lengthwise. Scrape seeds out with a spoon. Lay flat and slice into quarter moons, about ¼ inch thick.
- Small dice **Roma tomato** into pieces, about ¼ inch each.
- Roughly chop **Kalamata olives**.
- Quarter **lemon**.
- De-stem **parsley**; finely chop leaves.
- Roughly chop **roasted almonds**.

4 MAKE SALAD

- Place **cucumber**, **tomato**, and **olives** in bowl used for carrots. Drizzle with 1 tablespoon olive oil and juice from one **lemon wedge** to taste. Season with ¼ teaspoon salt and a pinch of pepper. Toss to combine.

5 MAKE CREMA

- Combine **sour cream**, about half of the **parsley**, juice from one **lemon wedge**, and ¼ teaspoon sugar in a small bowl. Add water 1 teaspoon at a time until mixture reaches a drizzling consistency. Season with salt to taste.

6 PLATE YOUR DISH

- Divide **quinoa with dates** between bowls. Top with **cucumber tomato salad** and **harissa-roasted carrots** in separate sections. Drizzle with **lemon herb crema**. Garnish with **almonds** and remaining **parsley**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (522g)

Amount per serving

Calories **590**

	% Daily Value*
Total Fat 28g	36%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 1290mg	56%
Total Carbohydrate 73g	27%
Dietary Fiber 13g	46%
Total Sugars 23g	
Includes 2g Added Sugars	4%
Protein 13g	
Vitamin D 0mcg	0%
Calcium 184mg	15%
Iron 4mg	20%
Potassium 1448mg	30%

* 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], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Dates** [organic dried pitted dates], **Roma Tomatoes**, **Cucumber**, **Parsley**, **Kalamata Olives** [kalamata olives, water, red wine vinegar, sea salt], **Rainbow Carrots**, **Smoky Harissa & Ginger Blend** (Harissa Seasoning [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], Dried Ginger, Smoked Paprika), **Lemon**, **Sour Cream** [cultured cream], **Almonds** [almonds]

Allergen information:

Contains Tree Nuts And Milk

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.