



MAPLE-GLAZED CARROTS WITH FIGS

quinoa, cabbage & green apple slaw with pistachios, feta

COOK TIME
35 MIN

SERVINGS
2

CALORIES PER SERVING
900

MENU
VEGETARIAN // 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. 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**
- 1¾ 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 **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.

Validated
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 for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Preheat oven to 425 degrees.
- Trim and peel **rainbow carrots***. 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.*

4 COOKING FOR

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. (Wipe out bowl.) 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 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 has 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 dish.*

4 MAKE SLAW

- Place **cabbage, apple, and pistachios** in bowl used for carrots. Drizzle with **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 (412g)

Amount per serving

Calories **900**

	% Daily Value*
Total Fat 54g	69%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 1030mg	45%
Total Carbohydrate 85g	31%
Dietary Fiber 14g	50%
Total Sugars 39g	
Includes 1g Added Sugars	2%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 247mg	20%
Iron 4mg	20%
Potassium 1009mg	20%

* 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** (White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Agave [organic agave syrup], Stone-Ground Mustard [water, organic mustard seeds, organic vinegar, salt, organic spices], Lemon Juice [lemon], Olive Oil [olive oil]), **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.