



GREEN CHEF

PERUVIAN-STYLE HONEY ROASTED CARROTS

quinoa with bell pepper, kale & corn, pepitas, cotija

COOK TIME
30 MIN

SERVINGS
2

CALORIES PER SERVING
800

MENU
VEGETARIAN // GLUTEN-FREE

Coated in honey and our earthy Peruvian-style spices, roasted rainbow carrots are the centerpiece of this veggie-loaded entrée. The jewel-toned carrots are piled atop fluffy quinoa strewn with sautéed corn, bell pepper, and kale. Aji verde sauce—a creamy, herby condiment featuring cilantro, garlic, mayo, and lemon juice—is drizzled on top for creamy and herbaceous notes. It doesn't end there, though: A garnish of pepitas and cotija makes for a creamy, crunchy topping.

INGREDIENTS (12 ITEMS)

- 1 whole **Vegetable stock concentrate**
- ½ cup **White quinoa**
- 3 whole **Rainbow carrots**
- 1 tbsp **Peruvian-style spices**
- 1 unit **Red bell pepper**
- 1 whole **Red onion**
- 2¾ oz **Lacinato kale**
- ½ oz **Pepitas**
- 2¾ oz **Corn**
- 2¾ oz **Creamy aji verde sauce** **E S**
- ½ oz **Honey**
- ¾ oz **Cotija cheese** **M**

WHAT YOU'LL NEED

- small pot with lid
- medium sauté pan
- baking sheet
- medium bowl
- measuring cup & spoons
- peeler
- oven mitt
- cooking oil
- salt & pepper

ALLERGENS

- E** EGGS
- S** SOY
- M** MILK

COOKING TOP 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 COOK QUINOA

- Preheat oven to 425 degrees.
- Bring 1 cup water, **vegetable stock concentrate**, and about ¼ teaspoon salt to a boil in a small pot. Add **white quinoa** to boiling water. Stir, then return to a boil. Once boiling, reduce heat to medium low. Cover pot with lid. Simmer 16–18 minutes, or until quinoa is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. (You'll finish the quinoa in Step 6.)

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 START PREP & ROAST CARROTS

- Trim and peel **rainbow carrots***. Halve widthwise. Halve or quarter each piece lengthwise, depending on size.
- Place **carrots** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with about half the **Peruvian-style spices**, about 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. Roast 16–18 minutes, or until fork-tender, stirring halfway through. (You'll finish the carrots in Step 6.)

*The ingredient you received may be a different color.

3 FINISH PREP

- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Cut ends off **red onion** and discard peel. Halve lengthwise; save one half for another use. Cut remaining half lengthwise into strips, about ¼ inch thick.
- Remove and discard any thick center stems from **lacinato kale**. Roughly chop leaves into bite-size pieces.

4 TOAST PEPITAS

- Place **pepitas** in a dry, medium sauté pan over medium heat. Toast 2–3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board to cool. Roughly chop.

5 SEASON & COOK VEGGIES

- Heat about 1 tablespoon cooking oil in pan used for pepitas over medium-high heat. Add **bell pepper**, **onion**, and **corn** to hot pan. Cook 4–5 minutes, or until veggies have softened, stirring occasionally.
- Add **kale**, remaining **Peruvian-style spices**, about 2 tablespoons water, about ¼ teaspoon salt, and a pinch of pepper. Cook 1–2 minutes, or until kale is wilted and liquid has cooked off, stirring occasionally.

6 FINISH QUINOA & CARROTS

- Fluff **quinoa** with a fork. Transfer **veggies** to pot with **quinoa**. Add about 1 tablespoon **creamy aji verde sauce**. Stir to combine. Season with salt and pepper to taste.
- Drizzle **roasted carrots** with **honey**. Toss to coat.

7 PLATE YOUR DISH

- Divide **quinoa and veggies** between plates. Serve **honey roasted carrots** over top. Drizzle with remaining **creamy aji verde sauce** to taste. Garnish with **pepitas** and **cotija cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (445g)

Amount per serving

Calories 800

	% Daily Value*
Total Fat 47g	60%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 1600mg	70%
Total Carbohydrate 77g	28%
Dietary Fiber 12g	43%
Total Sugars 23g	
Includes 1g Added Sugars	2%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 186mg	15%
Iron 5mg	30%
Potassium 1218mg	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:

Rainbow Carrots, **Honey** [honey], **Cotija Cheese** [pasteurized milk, salt, cheese cultures, enzymes, cellulose], **White Quinoa** [white quinoa], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Pepitas** [pumpkin seed kernels], **Red Onion**, **Bell Peppers**, **Lacinato Kale**, **Corn** [corn], **Peruvian-Style Spices** (Ancho Chili Powder, Ground Cumin, Turmeric, Sweet Paprika, Granulated Garlic, Smoked Paprika, Dried Orange Peel), **Creamy Aji Verde** (Mayonnaise [organic expeller pressed soybean oil, water, organic egg yolks, organic whole eggs, organic distilled white vinegar, salt, organic white mustard (organic distilled vinegar, water, organic mustard seeds, salt, organic spices), organic lemon juice concentrate], Cilantro, Onion Powder, Granulated Garlic, Sea Salt, Red Wine Vinegar [aged red wine vinegar], Lemon Juice [lemon])

Allergen information:

Contains Egg, Soy 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.

