



**GREEN  
CHEF**

## MOROCCAN CARROTS & RICE

*schug sauce, peas, radishes, pistachios*

### COOK TIME

30 MIN

### SERVINGS

2

### CALORIES PER SERVING

640

### MENU

VEGAN // GLUTEN-FREE

Tonight's craveable roasted rainbow carrots get the sweet-and-spicy flavor treatment. Here, the earthy root veggies are dusted with our aromatic Moroccan-inspired harissa seasoning, then tossed in a delectable currant-maple dressing. They're served atop sautéed peas and radishes on a bed of fluffy jasmine rice seasoned with *schug*, an herby sauce with a flicker of heat.

### INGREDIENTS (10 ITEMS)

3 whole **Rainbow carrots**  
 ½ tsp **Harissa seasoning**  
 ½ cup **Jasmine rice**  
 2 oz **Schug sauce**  
 2 oz **Radishes**  
 ⅛ oz **Mint**  
 ½ oz **Pistachios** T  
 2½ oz **Peas**  
 2 oz **Yellow onions**  
 & ⅛ oz **& ginger**  
 ¼ oz **Currant-maple dressing**

### WHAT YOU'LL NEED

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

### ALLERGENS

T TREE NUTS (pistachios)



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.

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 ROAST CARROTS

- Preheat oven to 400 degrees.
- Trim and peel **rainbow carrots\***. Cut widthwise into pieces, about 3 inches long. Cut each piece lengthwise into fries, about ½ inch thick.
- Place **carrots** in a large bowl. Drizzle with about 1½ tablespoons cooking oil. Season with salt, pepper, and **harissa seasoning\*\*** to taste. 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 tender and lightly browned, stirring halfway through. (You'll finish the carrots in Step 5.)

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

*\*\*If heat sensitive, use harissa seasoning sparingly, or omit entirely.*

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 RICE

- Bring **jasmine rice**, 1 cup water, and about ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16–18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.
- Add **schug sauce\*** to taste. Stir to combine. Season with salt and pepper to taste.

*\*If heat sensitive, use schug sauce sparingly, or omit entirely.*

## 3 PREP

- Trim ends off **radishes** and quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- De-stem **mint**; finely chop leaves.
- Roughly chop **pistachios**.

## 4 COOK VEGGIES

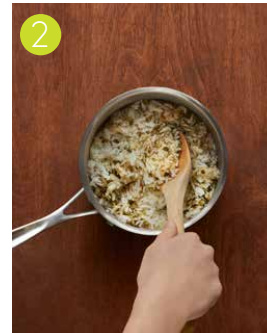
- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **peas**, **radishes**, and **yellow onions and ginger** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4–6 minutes, or until peas are warmed through and radishes are tender, stirring occasionally.

## 5 FINISH CARROTS

- Transfer **carrots** to bowl used for seasoning. Add most of the **mint**. Drizzle with **current-maple dressing** to taste. Stir to coat.

## 6 PLATE YOUR DISH

- Divide **schug-seasoned rice** between plates. Top with **peas and radishes** and **Moroccan carrots**. Garnish with **pistachios** and remaining **mint**. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (371g)

**Amount per serving**

**Calories** 640

	% Daily Value*
<b>Total Fat</b> 37g	47%
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 990mg	43%
<b>Total Carbohydrate</b> 73g	27%
Dietary Fiber 9g	32%
Total Sugars 16g	
Includes 3g Added Sugars	6%
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 102mg	8%
Iron 2mg	10%
Potassium 847mg	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:

**Rainbow Carrots, Mint, Currant-Maple Dressing** (Dried Currants [raisins], Sea Salt, Water, Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Sunflower Oil [high oleic sunflower oil], Lemon Juice [lemon], Onion Powder, Granulated Garlic, Maple Syrup [pure maple syrup]), **Jasmine Rice** [jasmine rice], **Pistachios** [pistachio], **Yellow Onions, Ginger** [organic ginger, organic cane sugar, organic rice vinegar, citric acid], **Radishes, Peas** [peas], **Harissa Seasoning** [caraway, cumin, coriander, black pepper, fennel, red pepper, cinnamon, ginger, peppermint, chili pepper, smoked paprika (color & flavor), dehydrated garlic, organic lemon peel], **Schug** (Cilantro, Parsley, Sunflower Oil [high oleic sunflower oil], Granulated Garlic, Lemon Juice [lemon], Ground Coriander, Ground Cumin, Ground Cardamom, Sea Salt, Black Pepper, Water, Agave [organic agave syrup], Crushed Red Pepper Flakes)

### Allergen information:

Contains 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.*

