

# Roasted Carrots with Goat Cheese & Almonds



*Roasting carrots brings out their natural sweetness which is balanced in this dish with tangy goat cheese, sweet-tart citrus, and bright herbs!*

## CHEF'S NOTES

Baby carrots with their tops attached work perfectly for this recipe. You can make a great pesto with carrot tops or add the greens to your salads.

This dish requires assembling a few different components and may appear complicated, but each part is simple to prepare, and the payoff is worth it. The dressing, yogurt and orange supremes can be done in advance and your guests will surely be impressed by the restaurant quality presentation!

### For the Salad:

½ each	Red Onion, small, thinly sliced
2 Tbsp	Roasted Almonds, unsalted, roughly chopped
2 each	Oranges, blood or navel, cut into supremes
2 oz.	Goat cheese, crumbled
1 Tbsp	Parsley, fresh, finely chopped
1 Tbsp	Tarragon, fresh, finely chopped
1 Tbsp	Chervil, fresh, finely chopped
1 Tbsp	Chives, fresh, finely chopped
Pinch	Fleur de Sel (flaky sea salt) or Kosher Salt

<b>YIELD</b> <b>6 SERVINGS</b>	<b>PREP TIME</b> <b>15 MIN</b>	<b>TOTAL TIME</b> <b>1 HOUR</b>
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## INGREDIENTS

### For the Carrots:

2 lbs.	Carrots, small (if large, cut in half or quarter lengthwise)
½ tsp	Cumin, ground
1 each	Bay Leaf, scored
3-4 cloves	Garlic, smashed
5 each	Thyme sprigs, fresh (or ¼ tsp dried)
¼ tsp	Kosher Salt
¼ tsp	Black Pepper, freshly ground
2 Tbsp	Olive or Canola Oil

### For the Dressing:

2 each	Oranges, blood or navel, juiced
1 Tbsp	Tarragon or Apple Cider Vinegar
1 Tbsp	Sugar
¼ tsp	Kosher Salt
¼ cup	Extra Virgin Olive Oil

### For the Yogurt:

¾ cup	Greek Yogurt, nonfat
1 Tbsp	Lemon Juice, fresh
2 tsp	Cumin, ground
1/8 tsp	Kosher Salt

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F. Place a sheet tray in the oven while it preheats (getting the pan hot first will reduce the cooking time).
2. Place a small pan over medium heat and add the cumin (2 ½ tsp total for the carrots and the yogurt) and toast until it becomes aromatic. Remove from the heat and set aside.
3. Roast the carrots: Place the carrots, ½ tsp of the toasted cumin, bay leaf, garlic, thyme springs, ½ tsp salt, ¼ tsp pepper, and 2 Tbsp oil in a large bowl. Toss to coat the carrots evenly in the seasonings and oil.

4. Carefully remove the hot pan from the oven and add the carrot mixture in an even layer; return to the oven and roast until the carrots are soft and beginning to caramelize, about 30 to 45 minutes. Remove from the oven; discard the bay leaf, garlic, thyme sprigs and set aside to cool.
5. While the carrots are roasting, make the vinaigrette: Combine the orange juice, vinegar, sugar and salt in a large mixing bowl, and whisk to incorporate. Slowly add the olive oil while continuing to whisk, until the dressing is emulsified. Add the roasted carrots to the bowl and toss to combine.
6. Make the Yogurt: Combine the Greek yogurt, lemon juice, remaining toasted cumin, and 1/8 tsp salt in a small mixing bowl and stir to combine. If needed, thin the mixture slightly with a few tablespoons of water.
7. Assemble the salad on a large serving plate: Place the yogurt in the center of the plate, and using the back of a spoon, spread it evenly across the bottom. Arrange the carrots on top of the yogurt and then sprinkle the red onion and almonds. Arrange the supremes of orange and then sprinkle with the goat cheese crumbles and the herbs. Finish with a pinch of salt.

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving Size</b>	<b>1/2 cup (288 g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>300</b>
<b>% Daily Value *</b>	
<b>Total Fat 19g</b>	<b>25%</b>
Saturated Fat 3.5g	17%
<i>Trans Fat 0g</i>	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 370mg</b>	<b>16%</b>
<b>Total Carbohydrate 27g</b>	<b>10%</b>
Dietary Fiber 6g	20%
Total Sugars 16g	
Includes 2g Added Sugars	4%
<b>Protein 8g</b>	<b>15%</b>
Vitamin D 0mcg	0%
Calcium 120mg	9%
Iron 1mg	6%
Potassium 700mg	15%
<small>*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.</small>	

Recipe Inspired by Ludo Lefebvre's Roasted Carrot Salad, New York Times by Sam Sifton

