



CUMIN-ROASTED CARROT AND AVOCADO SALAD

with Israeli Couscous

PREP: 10 MIN
TOTAL: 35 MIN

LEVEL 1

VEGGIE


NUT
FREE



HELLO CUMIN-ROASTED CARROTS

Intense carrot flavor with
earthy aromatics

INGREDIENTS:

- Carrots
- Thyme
- Garlic
- Lemon
- Cumin
- Chili Flakes 
- Israeli Couscous (Contains: Wheat)
- Veggie Stock Concentrate
- Avocado
- Arugula
- Pepitas
- Sour Cream (Contains: Milk)

FOR 2 PEOPLE:

- 3
- ¼ oz
- 2 Cloves
- 1
- 1 tsp
- 1 tsp
- ¾ Cup
- 1
- 1
- 2 oz
- 1 oz
- 2 TBSP

FOR 4 PEOPLE:

- 6
- ½ oz
- 4 Cloves
- 2
- 2 tsp
- 1 tsp
- 1½ Cups
- 2
- 2
- 4 oz
- 2 oz
- 4 TBSP

NUTRITION PER SERVING

694 cal | Fat: 30 g | Sat. Fat: 6 g | Protein: 19 g | Carbs: 97 g | Sugar: 16 g | Sodium: 402 mg | Fiber: 19 g

START STRONG

To **prep an avocado**, simply cut it in half first from the base to the stem end and twist. Remove the pit, then slip a spoon underneath the skin and scoop the flesh right out.



BUST OUT

- Large bowl
- Small pot
- Olive oil (4 tsp | 8 tsp)
- Baking sheet
- Whisk
- Peeler



1 PREHEAT AND PREP

Wash and dry all produce.

Preheat oven to 400 degrees. Peel and halve **carrots**, then cut into 2-inch long wedges. Strip leaves from **thyme**. Discard stems. Mince or grate **garlic**. Halve **lemon**.

2 MAKE DRESSING

Squeeze **lemon juice** into a large bowl. Whisk in **garlic**, **thyme leaves**, **cumin**, **chili flakes** (to taste), **salt**, **pepper**, and a large drizzle of **olive oil**. Add **carrot** wedges and toss to coat.

3 ROAST CARROTS

Spread **carrots** onto a baking sheet, keeping some dressing in bowl. Roast until lightly browned, 25-30 minutes. Toss halfway through.



4 COOK COUSCOUS

Meanwhile, heat a drizzle of **olive oil** in a small pot over medium heat. Add **couscous** and toss until slightly fragrant, 1-2 minutes. Stir in **1½ cups water**, **stock concentrate**, and a pinch of **salt**. Bring to a boil, cover, and reduce to a simmer. Cook until al dente, 10-15 minutes.

5 MAKE SALAD

Pit, peel, and dice **avocado**. Toss in bowl with remaining dressing. Toss in roasted **carrots**, **arugula**, a drizzle of **olive oil**. Season with **salt** and **pepper**.

6 PLATE AND SERVE

Divide **Israeli couscous** between plates. Top with **salad**. Garnish with **pepitass** and a dollop of **sour cream**.

POWER UP!

Try it again with a grain like farro or barley.