



Globally Inspired Flavor Solutions®

Add bold, warm and flavorful notes to roasted carrots for a unique and savory twist on everyone's favorite vegetable.

Roasted Baby Carrots with Green Harissa Yogurt & Crispy Quinoa

Yield: Large Batch Size

INGREDIENTS	MEASUREMENTS
Baby Carrots	8 lbs
SupHerb Farms Fusions® North African Green Harissa	1 cup
Greek yogurt	3 cups
SupHerb Farms IQF Parsley	8oz
SupHerb Farms IQF Spearmint	1 tbsp
Lemon Juice	To taste
Salt	To taste
Pepper	To taste

PREPARATION

Green Harissa Herb Yogurt

1. Fold SupHerb Farms Fusions® North African Green Harissa, SupHerb Farms Fresh Frozen Parsley and SupHerb Farms Fresh Frozen Spearmint into Greek yogurt. Add lemon juice to taste. Set aside.
2. Roast carrots and set aside.

Crispy Quinoa

1. Bring a large pot of salted water to boil.
2. Pour quinoa into boiling water and boil until fully cooked (the germ will have separated from the seeds), about 15 minutes.
3. Drain the quinoa in a fine mesh sieve, shaking to remove any excess liquid. Lay out on paper towels to dry completely.
4. In a medium sauce pan (one that is wide enough to insert a small fine mesh sieve), transfer the quinoa to a fine mesh sieve and lower it into the fryer so that the quinoa is completely submerged; do this in batches. Fry for 1 minute or until the quinoa is crispy.
5. Lay the quinoa out on a baking sheet lined with paper towels, and season with salt. Let the quinoa cool completely and transfer to a lidded container lined with paper towels.

TO SERVE

Plating: place crispy quinoa on plate, lay carrots on top and drizzle with Green Harissa Herb yogurt.