



SIMPLE, FRESH FARM BOX MEALS

SEPT 16, 2024

Simple recipes so we can eat well & support local agriculture

Caramelized Garlic Carrot with Spicy Cilantro Yogurt Sauce

YOU'LL NEED

Carrots:

- 2 tbs salted butter
- 1lb carrots, cut diagonally into ½ inch slices
- salt & pepper
- 3 cloves garlic - think slice
- 1 tbs honey or maple syrup

Spicy Jalapeno Cilantro

Dressing:

- ½ C fresh chopped cilantro (a big handful)
- ¼ cup plain Greek yogurt
- ½ tbs olive oil or avocado oil
- 1 tbs lime juice
- 1 tsp sugar (or sub in sweetener of choice)
- 1 clove garlic
- 1 small jalapeno (do not seed if you want it spicy)
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- ¼ tsp salt - or to taste
- ground black pepper
- Optional: 1-2 tsp water to thin sauce if necessary

To garnish:

- Fresh torn basil, cilantro & mint
- Chopped honey roasted peanuts or cashews (about 2-3 tablespoons)
- Red chili flakes

ALL YOU HAVE TO DO

- Dressing: add ingredients to a blender or food processor and blend/process until well combined. Dressing should be able to be drizzled but not too thick. If necessary, add a teaspoon or two of water to thin the dressing. Set aside in the fridge until you are done and ready to put over the salad.
- Add 1 tablespoon of butter to a large skillet and place over medium heat. Once butter is melted, add in the carrots and salt; stirring well to coat the carrots.
- Cover the skillet and cook for 10-15 minutes, removing the cover and stirring occasionally to prevent carrots from burning. After 10-15 minutes, remove the cover, add in the garlic and cook uncovered, stirring occasionally for 10 more minutes or until carrots are fork tender.
- Once carrots are tender, add in maple syrup or honey and cook for a few more minutes. Transfer carrots to a platter or pretty large shallow bowl and drizzle with a few tablespoons of dressing. Add torn basil, mint and cilantro on top and garnish with honey roasted peanuts or cashews and if you'd like, some red chili flakes. Serve warm, but serving cold and mixed with arugula and quinoa is great for leftovers.

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