



SPICY ROASTED CARROTS WITH ARUGULA AND LENTIL SALAD

SERVES 2 OR 4
TIME: 35 MIN
CALORIES: 860/SERVING



Smooth hummus, fresh arugula, tender lentils, spicy caramelized carrots and a creamy tahini dressing come together with bright pomegranate and crunchy seeds for the ultimate bowl of goodness.

WHAT YOU'LL NEED

- Medium pot
- Vegetable peeler
- Baking sheet
- Silicone baking mat (optional)
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Lentils	3/4 cup	1.5 cups
Carrots	6	12
Arugula	3 cups	6 cups
Spice blend	1/2 tbsp	1 tbsp
Tahini dressing	1/3 cup	2/3 cup
Pomegranate seeds	1/4 cup	1/2 cup
Seed mix	1/4 cup	1/2 cup
Hummus	1/2 cup	1 cup



Preheat the oven to 400°F. Cook the lentils: rinse the **lentils** and place in a medium pot, covering fully with water. Bring to a boil, cover, lower to a simmer, and cook for 20-25 minutes until tender but not mushy. Strain and set aside.



Peel and quarter the **carrots**, then toss in a bowl with 1 tbsp of **oil** (2 tbsp for 4 servings), the **spice blend**, and 1/2 a tsp each of **salt** and **pepper** (1 tsp for 4 servings). Spread out on a baking sheet lined with a silicone baking mat or lightly greased. Bake for 15-20 minutes until tender and browned.



Smear the **hummus** on the bottom of each plates and top with the **arugula**, **lentils**, and **carrots**. Top with the **tahini dressing**, **pomegranate seeds**, and **seed mix**.

Nutrition Facts		Valeur nutritive	
Per Serving (436 g)			
pour 1 (436 g)			
Calories 860		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 48 g			64 %
Saturated / saturés 7 g			35 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 84 g			
Fibre / Fibres 19 g			68 %
Sugars / Sucres 18 g			18 %
Protein / Protéines 32 g			
Cholesterol / Cholestérol 0 mg			0 %
Sodium 730 mg			32 %
Potassium 1550 mg			33 %
Calcium 175 mg			13 %
Iron / Fer 9 mg			50 %
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			