



WHATSheATe



## Burnt Carrots with Goat Cheese, Parsley, Arugula, and Crispy Garlic Chips



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

### Ingredients

- ☐ 2 bunches arugula dried washed trimmed
- ☐ 1.3 pounds carrots peeled
- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 cup olive oil extra virgin
- ☐ 1 small bunch flat parsley
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 6 ounces goat cheese sliced

- ☐ 2 tablespoons red wine vinegar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

## Directions

- ☐ To make the vinaigrette, pour the vinegar into a small bowl and whisk in 5 tablespoons of the extra virgin olive oil. Season to taste with salt and pepper. Set aside.
- ☐ Cut the carrots crosswise in half, then cut the halves into thick rough sticks. Toss in a bowl with 3 tablespoons of the olive oil, the thyme, and salt and pepper to taste.
- ☐ Heat a chapa or large cast-iron skillet over high heat. Working in batches if necessary, add the carrots in a single layer and cook, without turning, until they are charred on the bottom and almost burned, 3 to 5 minutes. Turn with a spatula and cook on the other side for 2 to 3 minutes more, adjusting the heat as necessary, until they are crunchy on the outside and tender within.
- ☐ Transfer to a tray. Wipe out the skillet, if using, and set aside.
- ☐ Combine the parsley and arugula on a large serving platter and toss lightly with half the vinaigrette.
- ☐ Place the carrots on top.
- ☐ Reheat the chapa or skillet to very high heat and coat with the remaining 1 to 2 tablespoons olive oil. Immediately add the slices of goat cheese: be careful—the oil may spatter. As soon as you see the cheese blacken on the bottom, remove the slices with a thin spatula and invert onto the carrots. Toss the garlic chips over the salad and drizzle with the remaining vinaigrette.
- ☐ From *Seven Fires: Grilling the Argentine Way* by Francis Mallmann. Copyright © 2009 by Francis Mallmann; photography © 2009 by Santiago Solo Monllor. Published by Artisan, a division of Workman Publishing Company.

## Nutrition Facts



 PROTEIN **17.89%**  FAT **54.75%**  CARBS **27.36%**

Properties

Glycemic Index:23.48, Glycemic Load:2.56, Inflammation Score:-10, Nutrition Score:16.017826033675%

Flavonoids

Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 10.13mg, Kaempferol: 10.13mg, Kaempferol: 10.13mg, Kaempferol: 10.13mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg

Nutrients (% of daily need)

Calories: 120.53kcal (6.03%), Fat: 7.61g (11.71%), Saturated Fat: 3.53g (22.08%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 5.74g (2.09%), Sugar: 4.19g (4.65%), Cholesterol: 9.78mg (3.26%), Sodium: 139.22mg (6.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.6g (11.2%), Vitamin A: 13372.52IU (267.45%), Vitamin K: 159.17µg (151.59%), Vitamin C: 19.31mg (23.41%), Folate: 54.66µg (13.67%), Manganese: 0.25mg (12.71%), Copper: 0.23mg (11.31%), Fiber: 2.82g (11.28%), Calcium: 112.43mg (11.24%), Potassium: 384.19mg (10.98%), Phosphorus: 99.44mg (9.94%), Vitamin B2: 0.16mg (9.26%), Iron: 1.67mg (9.25%), Vitamin B6: 0.18mg (9.07%), Magnesium: 30.47mg (7.62%), Vitamin E: 1.07mg (7.14%), Vitamin B1: 0.08mg (5.38%), Vitamin B5: 0.5mg (4.95%), Vitamin B3: 0.98mg (4.92%), Zinc: 0.59mg (3.95%), Selenium: 0.76µg (1.09%)