



WHATSheATE



HEALTH SCORE

56%

Roast Carrot and Avocado Salad with Orange and Lemon Dressing



Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



646 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 avocados ripe
- ☐ 4 servings pepper black freshly ground
- ☐ 1 pound colored carrots mixed with their leafy tops
- ☐ 4 slices ciabatta bread 1/
- ☐ 2 level teaspoons cumin seeds whole
- ☐ 1 small chiles dried crumbled
- ☐ 4 sprigs thyme leaves fresh leaves picked

- ☐ 2 cloves garlic peeled
- ☐ 1 optional: lemon halved
- ☐ 4 servings olive oil extra-virgin
- ☐ 1 cranberry-orange relish halved
- ☐ 4 servings citrus champagne vinegar
- ☐ 2 handfuls interesting winter salad leaves mixed dry washed and spun like Treviso, arugula, radicchio or cavolo nero tops
- ☐ 4 servings sea salt
- ☐ 4 tablespoons nigella seeds mixed toasted
- ☐ 0.7 cup cup heavy whipping cream sour
- ☐ 2 bunches watercress

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ mortar and pestle
- ☐ tongs

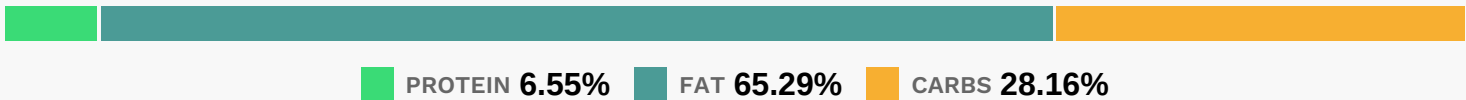
Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Parboil the carrots in boiling, salted water for 10 minutes, until they are very nearly cooked, then drain and put them into a roasting pan. You should flavor them while they're steaming hot, so while the carrots are cooking get a pestle and mortar and smash up the cumin seeds, chilles, salt and pepper.
- ☐ Add the garlic and thyme leaves and smash up again until you have a kind of paste. The idea here is to build up the flavors.
- ☐ Add enough extra-virgin olive oil to generously cover the paste, and a good swig of vinegar. This will be like a marinade, a rub and a dressing all in one! Stir together, then pour over the

carrots in the pan, coating them well.

- ☐ Add the orange and lemon halves, cut side down.
- ☐ These will roast along with the carrots, and their juice can be used as the basis of the dressing.
- ☐ Place in the preheated oven for 25 to 30 minutes, or until golden.
- ☐ While the carrots are roasting, halve and peel the avocados, discarding the pits, then cut them into wedges lengthwise and place in a big bowl.
- ☐ Remove the carrots from the oven and add them to the avocados. Carefully, using some tongs, squeeze the roasted orange and lemon juice into a bowl and add the same amount of extra-virgin olive oil and a little swig of red wine vinegar. Season, and pour this dressing over the carrots and avocados.
- ☐ Mix together, have a taste and correct the seasoning. Call your gang round the table while you toast or broil your ciabatta slices.
- ☐ Tear the toasted bread into little pieces and add to the dressed carrot and avocado.
- ☐ Mix together, toss in the salad leaves and cress and transfer to a big platter or divide between individual plates. Spoon over a nice dollop of sour cream, sprinkle over your toasted seeds and drizzle over some extra-virgin olive oil.
- ☐ Our agreement with the producers of "Jamie at Home" only permit us to make 2 recipes per episode available online. Food Network regrets the inconvenience to our viewers and foodnetwork.com users.

Nutrition Facts



Properties

Glycemic Index:74.71, Glycemic Load:6.7, Inflammation Score:-10, Nutrition Score:30.277391532193%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 16.46mg, Hesperetin: 16.46mg, Hesperetin: 16.46mg, Hesperetin: 16.46mg Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg, Naringenin: 5.17mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg

Luteolin: 1.17mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 646kcal (32.3%), Fat: 49.24g (75.75%), Saturated Fat: 9.84g (61.5%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 31.47g (11.44%), Sugar: 11.68g (12.98%), Cholesterol: 22.62mg (7.54%), Sodium: 444.53mg (19.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.23%), Vitamin A: 20196.55IU (403.93%), Vitamin K: 87.23µg (83.08%), Vitamin C: 66.03mg (80.04%), Fiber: 16.43g (65.73%), Folate: 167.9µg (41.97%), Vitamin E: 6.28mg (41.85%), Potassium: 1340.96mg (38.31%), Vitamin B6: 0.66mg (32.93%), Vitamin B5: 2.74mg (27.44%), Manganese: 0.53mg (26.61%), Vitamin B2: 0.38mg (22.31%), Vitamin B3: 4.09mg (20.46%), Copper: 0.41mg (20.27%), Magnesium: 75.71mg (18.93%), Phosphorus: 178.02mg (17.8%), Vitamin B1: 0.25mg (16.46%), Calcium: 144.43mg (14.44%), Iron: 2.19mg (12.19%), Zinc: 1.52mg (10.15%), Selenium: 2.85µg (4.07%), Vitamin B12: 0.08µg (1.34%)