



WHATSheATE



Spicy Roasted Carrot, Goat Cheese & Avocado Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 teaspoon anise seeds



1 teaspoon sesame seed black



0.5 pound carrots scrubbed halved lengthwise



0.5 teaspoon cumin seeds



2 clove garlic minced



4 ounce goat cheese crumbled softened



0.5 teaspoon kosher salt boiling for the water

- ☐ 2 tablespoon milk
- ☐ 2 servings mustard greens raw green (or other bitter)
- ☐ 2 tablespoon olive oil extra-virgin
- ☐ 0.5 teaspoon pepper flakes red crushed to taste ()
- ☐ 2 tablespoon taragon vinegar flavored

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ mortar and pestle
- ☐ colander

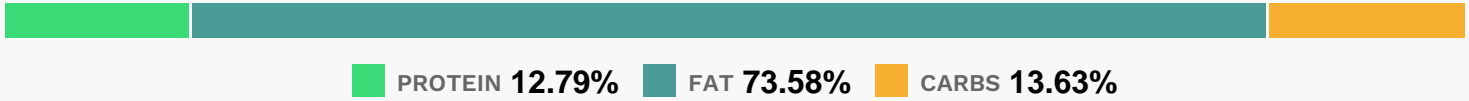
Directions

- ☐ Preheat oven to 350 degrees F. In a small pan set over medium heat toast the seeds until fragrant, 1 or 2 minutes. Divide the seeds in half and set aside separately. Using a mortar and pestle crush ½ of the toasted seeds, red pepper flakes, and salt until the seeds are well pulverized.
- ☐ Add the minced garlic, orange zest and the olive oil. Continue to work the mixture into a well incorporated, but slightly chunky, paste. Bring a large pot of water to a boil; add about 1-tablespoon salt and the halved carrots. Boil the carrots until barely cooked about 7 minutes.
- ☐ Drain them in a colander and transfer them to a parchment lined baking sheet.
- ☐ Spread the spice paste on top of the carrots while still hot; tossing to get the carrots well coated.
- ☐ Place the zested orange halves onto the baking sheet cut side up. Roast them all in the oven until the carrots are browned and fully cooked, about 25 minutes. In the mean time, peel and slice the avocados; tossing them in the vinegar until ready to serve the salad. Blend the goat cheese and milk or cream in a small bowl until creamy, thick and well blended. Set aside until ready to serve. This step is optional; you may choose to simply crumble the cheese on top. To serve, spread the greens across a serving platter. Top them with the hot carrots and cool

avocado slices, mounding (or sprinkling) the goat cheese and the watercress on top. Followed by the toasted bread cubes. Squeeze the juice of the roasted oranges over the salad, discarding the rinds.

Sprinkle the remaining toasted seeds on top and serve warm.

Nutrition Facts



Properties

Glycemic Index:101.92, Glycemic Load:3.95, Inflammation Score:-10, Nutrition Score:16.40695648608%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 390.94kcal (19.55%), Fat: 32.5g (50%), Saturated Fat: 13.78g (86.13%), Carbohydrates: 13.54g (4.51%), Net Carbohydrates: 9.78g (3.56%), Sugar: 6.42g (7.13%), Cholesterol: 43.03mg (14.34%), Sodium: 882.94mg (38.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.71g (25.42%), Vitamin A: 19938.79IU (398.78%), Copper: 0.54mg (26.95%), Vitamin K: 28.08µg (26.75%), Vitamin E: 3.24mg (21.58%), Phosphorus: 214.03mg (21.4%), Vitamin B2: 0.33mg (19.15%), Vitamin B6: 0.37mg (18.48%), Manganese: 0.35mg (17.61%), Calcium: 157.26mg (15.73%), Fiber: 3.76g (15.04%), Iron: 2.52mg (14.01%), Potassium: 446.1mg (12.75%), Vitamin C: 8.67mg (10.51%), Vitamin B1: 0.14mg (9.34%), Magnesium: 32.76mg (8.19%), Vitamin B3: 1.55mg (7.77%), Vitamin B5: 0.77mg (7.66%), Folate: 30.42µg (7.6%), Zinc: 1.05mg (6.97%), Selenium: 3.19µg (4.56%), Vitamin D: 0.47µg (3.11%), Vitamin B12: 0.13µg (2.2%)