



kitchen collage

430 E. LOCUST STREET | DES MOINES, IA 50309 | (515) 270-8202

Roasted Carrots with Pistachios, Pomegranate, Parsley, and a Spicy Crema

Serves 4

Sweet, savory, nutty, and creamy! This side dish pairs well with almost any main course. Earthy carrots are peeled then roasted until their edges are slightly sticky and caramelized. When served, the carrots are topped with a drizzle of cool, spicy crema, crunchy pistachios, juicy pomegranate arils, and fresh parsley. The combination of ingredients offers enhanced flavors and textures, and pushes this dish over the top!

Roasted Carrot Ingredients:

1 lb carrots, peeled, halved or quartered
lengthwise to create thin sections
2 tablespoons butter, melted
2 tablespoons olive oil
3 cloves garlic, minced
1/4 teaspoon Kosher salt
1/8 teaspoon freshly cracked black pepper
1/4 teaspoon cumin
1/4 teaspoon turmeric

Spicy Crema Ingredients:

1/2 cup sour cream
1 tablespoon olive oil
1/4 teaspoon salt
1/8 teaspoon pepper
1 clove garlic, minced
1 tablespoon fresh dill
1/4 teaspoon cayenne
Zest of one lemon
1 tablespoon lemon juice

Toppings:

Pistachios, toasted
Pomegranate arils
Parsley, chopped

Directions:

1. Preheat the oven to 375°F.
2. In a large bowl, toss the prepped carrots with the melted butter, olive oil, garlic, salt, pepper, cumin, and turmeric until coated. Spread the carrots evenly on a rimmed baking sheet. Scrape any remaining seasonings out of the bowl and scatter on top of the carrots.
3. Roast for 20-25 minutes, until the carrots are tender and slightly caramelized on the edges.
4. While the carrots are roasting, whisk all of the crema ingredients together in a bowl.
5. Plate the roasted carrots on a serving platter. Generously spoon the crema over the carrots. Sprinkle with the pistachios, pomegranates, and parsley.