



Carrot Hummus Flatbread Pizza

with Arugula Salad and Goat Cheese



30-40min



2 Servings

Carrot what? That's right...hummus! Sweet roasted carrots get a mash-up with tahini and lemon. We spread the vitamin-rich hummus onto crispy flatbread and top it with delectable goat cheese. Dukkah, a nut-sesame-spice blend from Egypt, is the icing on the cake, or rather the garnish on the flatbread! Cook, relax, and enjoy!

What we send

- lemon
- carrots
- shallot
- ground cumin
- baby arugula
- ground coriander
- toasted sesame seeds ¹¹

What you need

- coarse kosher salt
- freshly ground pepper
- olive oil

Tools

- large skillet
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 910kcal, Fat 68g, Carbs 60g, Proteins 20g



1. Cook carrots

Preheat oven to 400°F. Peel **carrots**; slice ¼-inch thick. Trim ends from **shallot**, halve, peel and thinly slice. Heat **2 tablespoons oil** in a medium skillet over medium-high. Add **carrots**, cook until brown, 5 minutes. Add **½ of shallots, ½ cup water**; bring to a boil. Cover, cook on low until tender & water evaporates, 12-14 minutes. Season with **¼ teaspoon salt**.



4. Make hummus

Zest **lemon** into a bowl and squeeze the **juice** into a separate bowl. Coarsely mash **carrots** in the skillet using a potato masher or fork, cook over low heat until water is evaporated, 2-3 minutes. Add **tahini, half of the lemon zest, 1 tablespoon lemon juice, and 1 tablespoon oil**. Season to taste with **salt and pepper**.



2. Toast flatbread

Meanwhile, brush **pitas** all over with **1 teaspoon oil** and toast directly on a rack in the oven until slightly crisp, 2-3 minutes (watch closely).



5. Assemble pizzas

Spread **hummus** on **flatbreads**, leaving ½-inch border. Crumble **goat cheese** and sprinkle on top. Transfer to the baking sheet and bake in the oven until cheese is softened, about 8 minutes. Sprinkle with **dukkah** and drizzle lightly with **oil**.



3. Make dukkah

Press **hazelnuts** with the bottom of a sturdy cup to crush and transfer to a rimmed baking sheet. Toast in the oven until lightly browned, 3-5 minutes (watch closely). Transfer to a small bowl to cool. Once cool, add **sesame seeds, cumin, coriander, ½ teaspoon salt, and ¼ teaspoon pepper**.



6. Make salad

Add **1 tablespoon lemon juice** to a large bowl. Whisk in **2 tablespoons oil, remaining lemon zest, and a pinch each salt and pepper**. Add **baby arugula** and **remaining shallot**; toss to coat. Cut **pizzas** into wedges and serve with **salad** and additional **dukkah** on the side. Enjoy!