

Martha 100

Curried Carrots



2 Servings

What we send

- 2 (12 oz) carrots
- 1 piece fresh ginger
- 2 (½ oz) fresh cilantro
- 1 lime
- ¼ oz curry powder
- 2 (½ oz) fried onions
- 2 (4 oz) Greek yogurt ¹
- garlic
- 1 oz salted pistachios ²

What you need

- kosher salt & ground pepper
- butter ¹

Tools

- large pot
- microplane or grater

Allergens

Milk (1), Tree Nuts (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 620kcal, Fat 34g, Carbs 68g, Protein 21g

1. Prep ingredients

Bring a large pot of salted water to a boil.

Peel carrots and half lengthwise. Cut into 1-inch pieces alternating the cross cut diagonally. Zest lime. Coarsely chop pistachios.

4. Finish carrots

Drain carrots and return to pot with 3 tablespoons butter, curry powder, lime zest, and the juice from half a lime. Toss until butter is melted and carrots are evenly coated. Season to taste with salt and pepper.

2. Cook carrots

Add carrots to boiling water and cook until just tender, 10–12 minutes.

5. Plate

Finely chop cilantro leaves, discarding stems. Spoon carrots on top of the yogurt. Garnish with fried onions, pistachios, and cilantro. Serve with extra lime wedges on the side if desired. Enjoy!

3. Make yogurt

While carrots cook, finely grate 1 teaspoon ginger and ½ teaspoon garlic. In a small bowl, mix garlic, ginger, yogurt, and ½ teaspoon salt. Season to taste with salt and pepper and spread into an even layer on serving dish.

6.