

Harissa-Glazed Heirloom Carrot Salad

with Date Molasses & Spinach-Almond Couscous

In this couscous and vegetable salad, inspired by North African and Middle Eastern cuisines, we're sautéing heirloom carrots and coating them in an incredible sauce. Sweet date molasses and currants are combined with Greek yogurt and harissa paste, a popular Tunisian condiment made with vibrant red peppers and simple seasonings. The results are creamy, rich and perfectly spicy.



Ingredients

- ½ Cup Couscous
- ½ Cup Plain Greek Yogurt
- 2 Ounces Baby Spinach
- 1 Red Onion
- ¾ Pound Heirloom Carrots
- 1 Bunch Mint

Knick Knacks

- 2 Tablespoons Date Molasses
- 2 Tablespoons Sliced Almonds
- 1 Tablespoon Harissa Paste
- ¼ Cup Dried Zante Currants

Makes 2 Servings

About 535 Calories Per Serving

Cooking Time: 15 to 25 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. In a medium pot, heat a **big pinch of salt** and **1 cup of water** to boiling on high. Trim off and discard the stem ends of the carrots; quarter the carrots lengthwise. Peel the onion and cut lengthwise into $\frac{3}{4}$ -inch wide wedges; separate the layers. Pick the mint leaves off the stems; discard the stems. Roughly chop the spinach.

2



Make the spinach-almond couscous:

Add the **couscous** to the pot of boiling water; cover and remove from heat. Let stand for 5 minutes, or until the water has been absorbed. Fluff the cooked couscous with a fork. Add the **spinach** and **almonds**; stir until the spinach is slightly wilted. Season with salt and pepper to taste and set aside in a warm place.

3



Start the carrots:

While the couscous cooks, in a large pan, heat 2 teaspoons of olive oil on medium-high until hot. Add the **carrots**; season with salt and pepper. Cook, stirring occasionally, 6 to 8 minutes, or until lightly browned and slightly softened. Add the **onion**. Cook, stirring occasionally, 2 to 4 minutes, or until softened.

4



Add the sauce:

Add the **currants**, **date molasses** and $\frac{1}{2}$ **cup of water** to the pan of carrots and onion; season with salt and pepper. Cook, stirring frequently and scraping up any browned bits from the bottom of the pan, 2 to 4 minutes, or until the liquid is slightly reduced in volume. Remove from heat.

5



Finish the carrots:

Off the heat, to the pan of vegetables and sauce, add the **Greek yogurt** and **as much of the harissa paste as you'd like**, depending on how spicy you'd like the dish to be. Stir until thoroughly combined. Season with salt and pepper to taste.

6



Plate your dish:

Divide the **spinach-almond couscous** and **finished carrots** between 2 dishes. Garnish with the **mint**. Enjoy!