

Roasted Carrots with Lentils & Tahini

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
2. Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
3. Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots overtop and drizzle with tahini dressing. Enjoy!

Notes

Prep Ahead

Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

- 6 Heirloom Carrots (washed)
- 1 1/2 **tsps** Coconut Oil
- 1/4 **tsp** Sea Salt
- 1 1/2 **tbsps** Tahini
- 1/2 Lemon (juiced)
- 2 **tbsps** Water
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 4 **cups** Kale Leaves (finely sliced)
- 1 1/2 **tsps** Red Wine Vinegar
- 1 **cup** Lentils (cooked, drained and rinsed)

Nutrition

Amount per serving

| | | | |
|-----------------|---------|-------------|-------|
| Calories | 365 | Vitamin C | 56mg |
| Fat | 18g | Calcium | 236mg |
| Saturated | 5g | Iron | 6mg |
| Carbs | 43g | Vitamin D | 0IU |
| Fiber | 16g | Vitamin B6 | 0.5mg |
| Sugar | 11g | Folate | 253µg |
| Protein | 14g | Vitamin B12 | 0µg |
| Cholesterol | 0mg | Magnesium | 83mg |
| Sodium | 459mg | Zinc | 2mg |
| Potassium | 1158mg | Selenium | 7µg |
| Vitamin A | 32609IU | | |