

# Sweet and Spicy Moroccan Carrots with Lentils



### Ingredients

Supplier	Supply Code	Ingredient	Unit Measurement	Quantity to Use – 2 portions
Bidfood MTD	75331	Carrots	Grams	600
Bidfood MTD	66032	Soft brown sugar	Grams	20
Bidfood MTD	61528	Natural orange juice	MI	30
Bidfood MTD	70384	Crushed chillies	Grams	1
Bidfood MTD	70379	Ground cumin	Grams	1
Bidfood MTD	70371	Ground cinnamon	Grams	0.6
Bidfood MTD	75256	Coriander	Grams	2
Bidfood MTD	75242	Orange	Each	0.2
Bidfood MTD	76743	Dark speckled Lentils	Grams	200
		Water	MI	600
Bidfood MTD	46574	Garlic Puree	Grams	0.4
Bidfood MTD	13686	Pure olive oil	MI	20
Bidfood MTD	98770	Lemon	Each	0.2

# Sweet and Spicy Moroccan Carrots With Spiced Lentils

**Method:**

1. Cook the lentils in the water until tender: 25-35 minutes.
2. Once nearly cooked, turn up the heat to evaporate some of the water, then add half the olive oil and lemon juice and mix together.
3. Wash and top and tail the carrots, peel lightly and cut into 3/4 inch pieces.
4. Cut into either quarter or half, depending on the thickness of the carrot, approximately 1/2 inch thick.
5. In a small bowl mix the oil, sugar and a pinch of salt and pepper. The brown sugar will help the carrots caramelise.
6. Toss the carrots with the mixture and place in a roasting tray.
7. Cover with foil and place in a pre-heated oven 450°f roast for approximately 12 minutes.
8. Uncover and roast again for 16-20 minutes until tender.
9. Mix the orange juice, chilli flakes, cumin, and cinnamon.
10. Toss the carrots with the dressing and garnish with chopped coriander and orange zest.
11. To serve place the lentils on the base and arrange the carrots on the top.
12. If you like drizzle a little low fat yoghurt over the lentils and serve.

**Nutrition per portion:**

	Kcal	Carbohydrates	Sugar	Total Fat	Saturates	Protein	Fibre	Salt
<b>Total</b>	510.9	89.7	36.1	6.9	1.5	26.2	20.0	0.2
<b>%RNI</b>	26%	34%	40%	10%	7%	52%	67%	4%

**Allergens:**

Gluten (May Contain).

**Quality statement:** The details in this document are accurate at the time of production on 9 April 2021. Nutritional information and allergens are based on Bidfood products available on the Multi-Temperature Distribution NHS Supply Chain Food framework, and so may differ to those you use for this recipe. **Please do check labelling on products to confirm details, for example allergens.**