



B.PRO

Spicy carrots with dates

Ingredients:

800 g carrots
 4 garlic cloves
 100 ml vegetable stock
 Salt
 Approx. 1 tsp chilli flakes
 1-2 red onions
 100 g dates
 2 tbsp lemon juice
 4 tbsp olive oil
 2 tsp chopped mint

Accessories:

Induction wok
 Ceran hob
 Griddle

Preparation:

Peel the carrots and cut lengthwise into strips approx. 1 cm wide. Peel the onions, quarter and cut into thin slices. Peel the garlic and chop finely. Cut the dates into strips. Mix the stock with the lemon juice and season with salt. Heat the wok and add the oil. Add the carrots and fry over a high heat for approx. 5 mins until al dente. Add the onions, chilli flakes and garlic and fry for one minute. Pour in the stock and the dates, season with salt if necessary, sprinkle over the mint and serve.

Notes:

Preparation time: approx. 30 mins / difficulty level: easy / calories p.p.: approx. 220

Powered by:



220 g CO₂ per person

86 % less CO₂ than the average when preparing this recipe.

Info on Eaternity: www.eaternity.org

