



Passion for the Planet!

EARTH fest

"PULLED BBQ CARROTS" ON HANDMADE AREPAS

SERVES 6 | A ZERO WASTE RECIPE

INGREDIENTS

FOR THE "PULLED BBQ CARROTS":

2 Tbsp avocado oil
1/2 med yellow onion, minced
1 1/2 cups shredded carrots
2 Tbsp coconut sugar
1.5 tsp ground paprika
1 tsp garlic powder
To taste sea salt & black pepper
1/2 cup tomato paste
2 Tbsp cider vinegar
1 Tbsp vegan Worcestershire

FOR THE AREPAS:

1 cup warm water
1 tsp sea salt
2 cups masa harina
1 Tbsp avocado oil

SMASHED AVOCADO:

2 avocados, diced
1 oz fresh squeezed lime juice
1/2 tsp himalayan sea salt

METHOD

- 1. FOR THE CARROTS:** Heat a sauté pan on medium heat and add avocado oil. Add the onions and carrots and sweat lightly for 1-2 minutes. Add seasonings, tomato paste, cider vinegar + Worcestershire sauce and simmer for another 1-2 minutes. Then remove from the heat to keep carrots from overcooking.
- 2. FOR THE AREPAS:** In a bowl mix the warm water, sea salt and masa harina until dough is formed. Split into 6 even portions and by hand form into discs about 1/2 inch thick. Preheat oven to 375 degrees and get a sheet pan with parchment ready to finish the arepas after browning. In another sauté or cast iron pan, heat the avocado oil and the sear both sides of each of the arepas until golden brown. Transfer to the sheet pan and place in the oven to finish cooking for another 15 min.
- 3. FOR THE SMASHED AVOCADO:** Place the diced avocado in a bowl and add fresh lime juice and salt. Smash gently with a fork until combined
- 4. TO ASSEMBLE:** Cut arepas in half, add avocado to each side, then evenly distribute the pulled carrots. Top and enjoy! Garnish with fresh grated radishes.