zero waste roasted carrot and steak salad with carrot top chimichurri



cook time:	prep time:	featured product:
60	**20**	**romaine heart leaves**

name a more zero-waste friendly of recipe than a good home-cooked fried rice, because we cannot.

this organicgirl take on a yummy throw-everything-in-the-pan tradition combines a little old with a little new. leftover rice is cooked with common ingredients like scallions, peas and peeled shrimp. but we've also added in a few new things to try, like spinach and broccoli stems to make this a perfectly delicious, green meal. "

ingredients

for the roasted carrots:
2 lb carrots with greens separated
¼ cup olive oil

for the chimichurri:
1 small shallot, finely chopped
1 fresno, minced
2 cloves garlic, minced
¼ cup red wine vinegar
1 lemon, zested and juiced
¼ cup cilantro, chopped
¼ cup parsley, chopped
1 cup carrot top greens, chopped
¾ cup olive oil

for the steak:
2 tablespoons light brown sugar
1 tablespoon paprika
1 tablespoon chili powder
2 teaspoons kosher salt
2 teaspoons pepper
1 teaspoon garlic powder
1 teaspoon cumin powder
1 teaspoon coriander powder
1 tablespoon vegetable oil
1 ½ lb flank steak

for the salad:
2 cups cooked barley
½ cup feta
1 package **organic girl romaine hearts**

directions

1. Preheat oven to 450 degrees. Scrub the carrots, and halve larger carrots. On a large baking sheet, toss carrots with ¼ olive oil. Season with salt and pepper. Roast 35-40 minutes, tossing halfway, until tender.

2. Meanwhile make the carrot-top chimichurri. In a small bowl, combine shallot, fresno, garlic, and red wine vinegar. Allow to sit 10 minutes. Stir in lemon zest and juice, cilantro, parsley, and carrot top greens. Whisk in oil and season with 1 tsp salt.

3. Combine spices in a small bowl. Rub the flank steak with vegetable oil, and rub with spices. Prepare grill over medium-high heat. Grill steak until thermometer reaches 130 degrees, or until medium-rare. This will take about 4 minutes per side. Transfer to cutting board and allow to rest 10 minutes. Return steak to grill to recrisp exterior for 1 minute. Slice against the grain.

4. To assemble salad, on a large platter, add romaine hearts, barley, roasted carrots and steak. Sprinkle with feta and dress with chimichurri sauce.