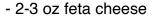
# **Original Recipe**

- 1/2 cup plain Greek yogurt

Here is the refined recipe text and the corresponding grocery shopping list:
### Roasted Harissa Carrots and Chickpeas with Feta
#### Ingredients:
- **For the carrots:**
- 6 large carrots, sliced in half lengthwise
- 2 tbsp olive oil
- 1 tbsp honey
- 1/4 tsp garlic powder
- 1/4 tsp smoked paprika
- Salt, to taste
- **For the chickpeas:**
- 1 jar/can of chickpeas
- 2 tbsp harissa sauce
- 1 tbsp olive oil
- Salt and pepper, to taste
- **For serving:**



- 1 tbsp fresh parsley, chopped
- 1-2 tbsp tahini
- Chili-infused olive oil

#### #### Instructions:

- 1. Preheat the oven to 400°F and line a large baking sheet with parchment paper. Toss carrots with olive oil, honey, garlic powder, smoked paprika, and salt. Bake for 15 minutes.
- 2. In a bowl, toss drained and rinsed chickpeas with harissa, olive oil, salt, and pepper. Spread them on the baking sheet alongside the carrots. Bake for an additional 20-25 minutes.
- 3. Allow the roasted carrots and chickpeas to cool for 5-10 minutes. Serve on a platter with Greek yogurt, crumbled feta, parsley, tahini, and a drizzle of chili-infused olive oil.

[A link to the original recipe and more details can be found here](https://gatherednutrition.com/harissa-roasted-carrots-chickpeas-with-feta/)

# **Shopping List**

- Carrots
- Olive oil
- Honey
- Garlic powder
- Smoked paprika
- Salt
- Canned chickpeas
- Harissa sauce
- Greek yogurt
- Feta cheese
- Fresh parsley
- Tahini
- Chili-infused olive oil

Enjoy your cooking!

# **Additional Information**

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For the carrots:
6 large carrots, sliced in half lengthwise
2 tbsp olive oil
1 tbsp honey
1/4 tsp garlic powder
1/4 tsp smoked paprika
Salt, to taste

For the chickpeas:
1 jar/can of chickpeas
2 tbsp harissa sauce
1 tbsp olive oil
Salt + pepper

For serving:
1/2 cup plain greek yogurt
2-3 oz feta
1 tbsp fresh parsley, chopped
1-2 tbsp tahini
Chili-infused olive oil

- 1. Preheat oven to 400 and line a large baking sheet with parchment paper. Add your carrots and toss with the olive oil, honey, garlic powder, smoked paprika, and a generous pinch of salt. Bake for 15 minutes.
- 2. Meanwhile, drain and rinse your chickpeas. Pat dry with a clean kitchen towel, then toss in a bowl with the harissa, olive oil, and salt and pepper.
- 3. After 15 minutes, flip all the carrots over and move to one side of the pan. Spread the chickpeas out on the other side. Bake for 20-25 minutes.
- 4. Allow carrots and chickpeas to cool for 5-10 minutes. Spread yogurt out on serving dish, then add carrots, chickpeas, and remaining toppings. Serve and enjoy!

https://gatherednutrition.com/harissa-roasted-carrots-chickpeas-with-feta/