

Recipe and Shopping List

Original Recipe

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:**

- 1/2 cup plain Greek yogurt

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- 2-3 oz feta cheese
- 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/>)

Recipe and Shopping List

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!

Recipe and Shopping List

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!

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