



Grilled Carrots Recipe for Perfect Flavor

Introduction

Grilled carrots are a delicious and healthy side dish that can elevate any meal. This recipe from Love and Lemons transforms simple carrots into a flavorful treat, enhanced by the vibrant chimichurri sauce. The grilling process brings out the natural sweetness of the carrots, while the optional toppings add creaminess, texture, and freshness, making this dish a standout.

Detailed Ingredients with measures

1 pound medium carrots, sliced in half lengthwise

Extra-virgin olive oil, for drizzling

Sea salt and freshly ground black pepper

Chimichurri, for serving

Optional, for serving:

Whipped Ricotta

$\frac{2}{3}$ cup cooked farro (from $\frac{1}{3}$ cup uncooked)

Toasted pistachios

Fresh parsley

Lemon wedges, for squeezing

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time: 10 to 13 minutes

Total Time: 20 to 23 minutes

Yield: Serves 4

Enjoy your delicious grilled carrots!

Detailed Directions and Instructions

Prepare the Carrots:

Place the halved carrots on a large plate or in a large baking dish. Drizzle with extra-virgin olive oil, sprinkle with sea salt and freshly

ground black pepper, and toss to coat evenly.

Grill the Carrots:

Preheat a grill or grill pan over medium-low heat. Place the carrots on the grill, cut side down, and grill for 5 to 8 minutes, or until char marks form. Flip the carrots and grill for another 3 to 5 minutes, or until they are fork-tender and well charred.

Serve:

Remove the carrots from the grill and drizzle with chimichurri. Season to taste and serve.

Optional Serving Suggestion

Plate the Dish:

Spread a scoop of whipped ricotta over the bottom of a large plate. Sprinkle the cooked farro over the ricotta. Top with the grilled carrots and drizzle with chimichurri.

See also [Mascarpone Cheese Babka](#)

Add Finishing Touches:

Sprinkle with toasted pistachios and fresh parsley. Serve with lemon wedges for squeezing.

Notes

Carrot Preparation:

Choose medium-sized carrots for even cooking. Make sure they are

washed and peeled before slicing.

Grilling Tips:

Monitor the grill temperature to prevent burning. Adjust the cooking time based on the thickness of the carrots.

Variations:

Feel free to experiment with different herbs and toppings to customize the dish to your taste.

Storage:

Leftover grilled carrots can be stored in an airtight container in the refrigerator for up to three days. Reheat before serving.



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Cook techniques

Preparing the Carrots

Place the halved carrots on a large plate or in a large baking dish. Drizzle with olive oil, sprinkle with sea salt and freshly ground black pepper, and toss to coat evenly.

Grilling the Carrots

Preheat a grill or grill pan over medium-low heat. Place the carrots on the grill, cut side down, and grill for 5 to 8 minutes, or until char marks form. Flip the carrots and grill for another 3 to 5 minutes, or until they

are fork-tender and well charred.

Serving the Carrots

Remove the carrots from the grill and drizzle with chimichurri. Season to taste and serve. For an optional serving suggestion, spread whipped ricotta on a plate, sprinkle with cooked farro, top with grilled carrots, drizzle with chimichurri, and garnish with toasted pistachios, fresh parsley, and lemon wedges.

FAQ

Can I use other vegetables instead of carrots?

Yes, you can grill other vegetables like zucchini, asparagus, or bell peppers using the same method.

How do I make chimichurri?

Chimichurri is typically made with parsley, garlic, vinegar, olive oil, and spices. You can find many recipes online.

See also [Zalewajka](#)

What can I substitute for farro?

You can substitute farro with quinoa, barley, or rice if you prefer a different grain.

Can I grill the carrots with the skin on?

Yes, you can grill carrots with the skin on. Just make sure to wash them thoroughly before cooking.

How do I store leftover grilled carrots?

Store leftover grilled carrots in an airtight container in the refrigerator for up to 3 days. Reheat them in the oven or on the grill before serving.

Conclusion

Grilled carrots are a delightful and versatile dish that can elevate any meal. The combination of smoky flavors from grilling and the freshness of chimichurri creates a delicious balance. With optional toppings like whipped ricotta and toasted pistachios, this recipe allows for customization to suit various tastes. Enjoy the vibrant flavors and healthy benefits that grilled carrots bring to your plate!

Farro & Roasted Vegetable Bowl

Combine grilled carrots with other roasted vegetables like zucchini, bell peppers, and eggplant. Serve over a bed of farro for a hearty and nutritious bowl.

Chimichurri Quinoa Salad

Mix grilled carrots into a quinoa salad with cherry tomatoes, cucumbers, and feta cheese. Drizzle with extra chimichurri for an extra flavor boost.

Carrot & Chickpea Tacos

Use grilled carrots as a filling for tacos. Top with chickpeas, avocado, and a drizzle of lime crema for a tasty vegetarian option.

Grilled Carrot & Avocado Toast

Spread mashed avocado on toasted bread, then top with grilled carrots and a sprinkle of sea salt for a delicious breakfast or snack.

Spicy Carrot Slaw

Shred grilled carrots and toss them with a spicy mayo dressing and shredded cabbage for a zesty slaw that pairs well with grilled meats.

See also [Garlic Parmesan Chicken Skewers](#)

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