

## Carrot and Spinach Frittata with Spicy Sauce

Serves: 5

Prep Time: 40 minutes

*Adapted from a New York Times  
Cooking recipe:  
Spicy Tunisian Carrot Frittata*

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### INGREDIENTS

#### Frittata:

- 1 pound carrots, peeled and sliced
- 1 teaspoon caraway seeds, ground
- 1 1/2 tablespoon harissa, to taste
- 4 large garlic cloves, minced
- 3 cups baby spinach
- 1/2 cup roughly chopped flat leaf parsley
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 10 large eggs
- 1 tablespoon extra virgin olive oil

#### Isabel's serving sauce:

- 1 TBSP harissa
- 1 cup whole fat, plain Greek yogurt
- Juice from 1/2 large lemon or 1 whole lemon

Salt and pepper

### PREPARATION

1. Combine carrots (set one thinly sliced carrot aside to use later), caraway, harissa, and garlic in a Vitamix or Food processor (add a bit of water if using the Vitamix).
2. Beat the eggs well adding salt and pepper. Set aside.
3. In a large bowl, combine the carrot mixture with the spinach and parsley. Heat the olive oil over medium-high heat in a heavy 10-inch cast iron pan. Sauté the carrot and spinach mixture for about 2 minutes until the spinach just begins to wilt.
4. Keep the heat on medium/high. Pour the eggs on top of the carrot and spinach mixture. Swirl the pan to distribute the eggs around the vegetables and filling evenly over the surface. Shake the pan gently and lift up the edges of the frittata with a rubber spatula to let the eggs run underneath during the first few minutes of cooking.
5. After about 3 minutes of cooking and once the mixture is starting to set, cover the pan, turn the heat down to low and cook for 15 minutes. Every 3 or 4 minutes, remove the lid and use a rubber spatula to loosen the sides and the bottom of the frittata.
6. While the frittata is cooking, combine all the ingredients for the sauce in a small bowl and mix well. Set aside or refrigerate until ready to serve.
7. Preheat the broiler.
8. Sprinkle thinly sliced carrots on top of frittata.
9. Place the frittata in the oven under the broiler for about 2 minutes. Be careful, it can burn quickly—you want it to brown nicely but not get too dark. Remove from the oven, and loosen the frittata around the edges and underneath to make sure it doesn't stick. Cool for 5 minutes. Carefully slide from the pan onto a large round platter. Serve warm or room temperature with Isabel's Serving Sauce.