

# Roasted Harissa Grains with Z'atar Veggies



FOODSERVICE



---

SERVING SIZE: 6

---

## Ingredients

- 1/2 cup Carrots, peeled, halved and sliced
- 1/2 cup Broccoli Flourets
- 1/4 cup Olive Oil
- 1/2 teaspoon Z'atar Seasoning
- 1 cup **Furmano's Fully Cooked Lentils**
- 1 cup **Furmano's Fully Cooked Sorghum**
- 1/4 cup IQF Corn
- 1 teaspoon Minced Garlic
- 2 tablespoons Olive Oil
- 1 teaspoon Harissa Seasoning
- As Needed Salt

## In This Recipe



Fully Cooked Lentils - 24 oz.



Fully Cooked Sorghum - 24 oz.



Fully Cooked Sorghum - 96 oz.



Fully Cooked Lentils - 108 oz.

## Preparation

1. Preheat oven to 400°.
2. Toss Carrots with half the first measure of Olive Oil and half the Z'atar Seasoning. Roast for 25 minutes.
3. At 25 minutes, toss Broccoli with the rest of the first measure of Olive Oil and the Z'atar Seasoning. Add to the Carrots and roast another 15 minutes.
4. Add Lentils, Sorghum, Corn, Garlic, Olive Oil, Harissa Seasoning and Salt into a large bowl.
5. Add the roasted vegetables and mix. Spread entire mixture on a sheet tray and roast for an additional 15 minutes.

