Ingredients

* 3 lbs carrots
* 3 TBS olive oil
* 1 cup vegetable stock
* 2 oranges
* 1 TSP coriander seeds
* 1 TSP cumin seeds
* 1 onion
* 1 jalapeno pepper
* 4 cloves garlic
* 1 lemon
* salt and pepper
* 32 oz plain Greek yogurt
* ½ lb shelled pumpkin seeds

Procedure

1. Wash and grate/shred the carrots. Dice the onion into small pieces.
2. Place in a large frying pan (or pot) with olive oil. Cook carrots and onions on medium/high heat for about 6 minutes.
3. Zest the oranges and peel/chop the garlic. Dice the jalapeno.
4. Add the zest, garlic, and peppers to the carrots, as well as the juice from the oranges. Add stock to pan and turn down heat to low.
5. In a separate dry nonstick skillet, toast the coriander and cumin seeds for a minute or two. Add to mortar and pestle and grind.
6. Add ground spices to the carrots and simmer. Taste and adjust seasoning with salt and pepper.
7. Zest the lemon. In a large metal bowl mix the lemon zest, yogurt, and lemon juice (roll lemon before cutting/juicing).
8. Toast the pumpkin seeds in the same dry skillet as the spices for a minute or two. After toasting, coarsely chop the seeds.
9. To serve, first spoon out some yogurt, then the carrot mixture, and sprinkle pumpkin seeds on top.