

Carrot Farofa

A traditional Brazilian dish with a twist.

Recipe by Steve Turner | Created on **Mar 13, 2022**

Ingredients

- 1 ½ tablespoons olive oil
- ½ small onion, chopped
- 1 large carrot, coarsely shredded
- 5 tablespoons pitted and chopped olives
- 1 tablespoon chopped fresh parsley
- 1 cup manioc (cassava) flour
- 1 pinch salt and cracked black pepper to taste

Directions

- Heat olive oil in a saucepan over medium-high heat. Add onion; cook and stir until pale golden, about 5 minutes. Add carrot; cook for 1 minute. Stir in olives and parsley. Add manioc flour; cook and stir until lightly toasted, 3 to 4 minutes. Season with salt and pepper.

Nutrition Facts

Serving: **2 servings** | Calories: **601.5 kcal** | Carbohydrates: **82.4 g** | Protein: **2.6 g** | Saturated fat: **3.7 g** | Sodium: **1268.2 mg** | Fiber: **3.7 g** | Sugar: **2.5 g**

Categories

Side Dish

Vegetables

Carrots