

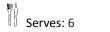




## Caramelised Baby Carrots

## **INGREDIENTS**

- 750g Baby Carrots
- 1 ½ Tbsp Olive Oil
- 30g Butter (unsalted)
- 1 ½ Tbsp Sugar
- 3 Tsp Balsamic Vinegar
- 1 ½ Tbsp Parsley (finely chopped)







Cooking Time: 15 mins

## **METHOD**

- 1. Peel Carrots and trim tops off leaving a small amount of green on top.
- 2. Heat oil and butter in a saucepan. Add in carrots, cover with a lid and reduce heat to low. Cook until just tender.
- 3. Add sugar and stir constantly for roughly 6-8 minutes or until carrots caramelise.
- 4. Toss with vinegar and season with salt and pepper to taste.
- 5. Sprinkle with Chopped parsley and plate on a serving plate. Enjoy







