



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)



Serves: 6



Prep Time: 5 mins



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 caramelize.
4. Toss with vinegar and season with salt and pepper to taste.
5. Sprinkle with Chopped parsley and plate on a serving plate. Enjoy



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