

## BABY CARROTS WITH ORANGE AND PARSLEY BUTTER

### INGREDIENTS:

50gms baby carrots

Zest and juice of 1 orange

Parsley

2 Tbsp salt

2 Tbsp Sugar



In a pot of cold water add salt, sugar and carrots and bring to the boil for 4 mins. Refresh in iced cold water to stop cooking. Rub the skin off with your fingers.

In a small pot add orange zest and juice and reduce by half. Add the carrots back to the reduced orange liquid, bring to a simmer add butter and parsley. Mix and serve.

