

Recipe No. 23/2013

Lemon & Honey Carrots

The blending of honey and lemon on the carrots, adds a taste sensation to plain braaied meat or chicken. Complete with creamed spinach.

Serves: 4

Preparation time: 5 minutes

Cooking time: 25 minutes

Ingredients

600g water
500g carrots sliced
30g butter
15g lemon juice
15g honey
Seasoning to taste

Method

- Place water in TM bowl. Insert TM basket. Weigh carrots into basket and steam **20 mins/Varoma/speed 1**.
- Drain water and place carrots into TM bowl. Add butter, lemon juice, honey and seasoning.
- Sauté **5 mins/100°C/Reverse/speed soft**.
- Serve sprinkled liberally with freshly ground black pepper

*Recipe developed and contributed by **Brenda Willemse**. Brenda is a Junior Group Leader in training in the Sandton area. She has also developed an Ostrich in Red Wine Braise for the Thermomix which is going to appear in our South African Thermomix Recipe book. Thank you Brenda.*



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