

## Carrot recipes

### Carrot & bean stir-fry – Serves 1

What can you do with runner beans, other than steam or boil them. Well here is a simple idea which makes a great lunch or light snack.

**Preparation Time:-** 10 minutes

**Cooking Time:** - 5 minutes

**Ingredients:-** 1 large carrot peeled into ribbons, 75g runner beans finely chopped, 50g cooked rice noodles, vegetable oil, soy sauce, tabasco sauce, sesame oil

**Instructions:-** Blanch the carrot, beans and noodles in boiling water for 1 minute. Heat the oil in a wok and stir-fry the mixture over a high heat for 2 minutes. Add the remaining ingredients, stir and serve.

**Handy Hint:** Works just as well with larger quantities or use as a side dish for main meals.

### Special Baked Carrots -Serves 4 as a side dish

*This is a simple but very tasty side dish!*

**Preparation Time:** - Approx 10 minutes.

**Cooking Time:** - Approx 45 minutes

**Ingredients:-** 1 lb/455g Carrots – sliced thickly, a good handful of fresh thyme  
½ teaspoon cumin seeds A few knobs of butter, 1 glass of white wine (Chardonnay works well with this dish), Salt & pepper to season

**Instructions:** - Pre heat the oven to gas mark 7/220C/425F. Crush the cumin seeds and remove the thyme leaves from their stalks. Then place the carrots with all the ingredients into a roasting tin or baking dish and give them a quick mix round. Cover the top of the dish with tin foil or a lid and cook in the pre-heated oven for approximately 45 minutes until the carrots are tender.

**Handy Hint:** - If you're not a spice lover you could always leave the cumin out, but it adds a lovely flavour to this dish without overpowering it. This dish is lovely for everyday dishes or that special touch at a dinner party.

### **Carrot & Peanut Salad– Serves 2**

This is a lovely salad dish, very colourful and very tasty. A different salad to serve up at those summer barbeques and quick and easy to prepare!

**Preparation Time:** - Approximately 5 minutes

**Cooking Time:** - None

**Ingredients:** - 4 medium carrots, 75g salted peanuts, 2 tbsp red wine vinegar, 2 tbsp groundnut oil, a few drops of sesame oil.

**Instructions:-** Peel and coarsely grate the carrots. Place them in a bowl and combine them with the peanuts and then the rest of the ingredients. Mix well. Could not be simpler!

**Handy Hint:** *This salad looks great served up in a big colourful bowl or dish –there certainly wont be any left overs!*