

Lemon Glazed Carrots

Ingredients

- 450g-680g/1-1½lb carrots
- 1 lemon
- 1-2tbsp sugar
- 1 chicken stock cube
- 28g/1oz butter
- Freshly ground black pepper
- Finely chopped parsley to garnish (optional)



Method

1. Slice the carrots thinly. Add just enough water to cover.
2. Grate zest from the lemon and add to the carrots with 2tbsp lemon juice, sugar, butter and pepper to taste.
3. Bring to the boil then simmer gently for 30 minutes or until the carrots are tender and the liquid has almost completely evaporated, leaving the carrots glazed with a light lemony syrup.

NOTES