



Honey & Mustard Carrots

Make your carrots sing with this sweet mustard glaze

Serves: 4

Prepare: 10 Minutes

Cook: 15 Minutes

Difficulty: easy

Ingredients

- 400 - 500g carrots, with tops
- 2 tsp wholegrain mustard
- 1 orange
- 1 heaped tsp runny honey
- 1 tbsp mixed herbs
- 1 tbsp oil, we used rapeseed
- sea salt & cracked black pepper

Method

1. Take the carrots, trim off the green tops leaving just a little of the green stalk and chop into thick batons. Place in a pan of salty boiling water and cook for 5 - 8 minutes until the carrots are just tender when pricked with a fork
2. Drain the carrots and place in a roasting tin. Preheat the one to 200°C/gas 8. In a separate bowl, combine the mustard with the zest of the orange and half the juice. Spoon in the honey, mixed herbs and oil. Add in a generous pinch of salt and pepper and stir to combine
3. Pour the marinade over the partially cooked carrots and toss to ensure they are completely coated. Roast in the hot oven for 12 - 15 minutes until they start to caramelised and are tender
4. Spoon into a serving bowl and drizzle over any remaining marinade from the roasting tin. Season again if necessary