



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

INDIAN SPICED CARROTS

Time: 20 minutes

Serves: 4

Ingredients:

1 pound carrots – peeled and sliced ¼” thick
4 teaspoons extra-virgin olive oil
1 clove garlic – very finely chopped or crushed
1 red chili pepper – seeded and finely chopped
½ teaspoon kosher salt
½ teaspoon ground cumin
½ teaspoon ground coriander
1 tablespoon Italian parsley - chopped

Preparation:

Bring a pot of water to a boil over high heat while preparing the carrots. Once the water boils, add the carrots and return to a boil. Reduce the heat to simmer uncovered for five minutes.

While the carrots are simmering, place a small pan over medium heat and add the oil. Once the oil is hot, add the remainder of the ingredients except parsley to the pan. Stir this spice mixture constantly for one minute and remove it from the heat.

Once the carrots are finished simmering, remove them from the heat, drain and rinse well with cold water to cool.

Put the carrots in a bowl and toss them with the spice mixture and parsley. Serve them immediately or refrigerate for up to a day.

Nutritional Information Per Serving:

Calories: 86
Fat: 5g
Carbs: 11g
Fibre: 3g
Protein: 1g