

Sweet-glazed carrots with currants



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Preparation: about 10 minutes

Cooking: about 5 minutes

Serves: 4 as a side dish

750g carrots, peeled, halved and cut lengthways into thick strips

1 tbs olive oil

1 tsp ground cumin

2 tbs currants

2 tbs honey

Salt and ground black pepper

1. Place carrots in a microwave safe dish. Microwave on high for 7–8 minutes until just tender.
2. Heat oil in a large non-stick frying pan over medium-high heat. Add cumin and currants. Cook for 1 minute. Stir in honey and add carrots. Cook for 2 minutes until glazed. Season with salt and pepper and serve.



Carrots

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.
- Crunching a carrot or some carrot sticks is an ideal way to freshen the mouth and help keep teeth clean.