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slow-roast carrots with garlic lemon butter recipe

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Posted in January, February, December, Christmas, All Recipes, Winter, Christmas on 1st February 2020

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The best way to eat winter carrots is to slow-roast them whole for about an hour; it brings out their sweetness and flavour. This is an ideal veg to have on Christmas Day when time and space is short, as you can cook them the day before and then just saute them on the hob with the garlic, lemon and butter when you're ready to eat.

For 8

- 1kg medium carrots, peeled
- olive oil, for roasting, plus a little for reheating
- large knob of butter
- 3 garlic cloves, finely chopped
- juice and grated zest of 1 lemon
- large bunch of flat-leaf parsley, finely chopped
- salt and black pepper

Preheat the oven to 160c/gas mark 2-3.

Put the whole carrots into a roasting tin, drizzle a little olive oil over them and roast for a good hour. Once cooked and cool, put them in the fridge.

Just before you want to eat, put the knob of butter and a little olive oil into a pan over a medium heat with the garlic, lemon juice and zest. Add the carrots and toss for about 5 minutes, until warmed through. Scatter with the parsley, season and serve immediately.

This recipe features on p.397 of Sarah Raven's Food for Friends and Family .



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