



Looking for something healthy, easy, fast & with layers of complex flavors? This Steamed Carrots and Broccoli with Chili Caramel will no doubt make you happy.

Ingredients

2 large carrots, sliced

1 large head of broccoli

1 ½ of a lemon

4 tablespoons of sugar

2 tablespoons of soy sauce

1 sprig of fresh rosemary

½ a teaspoon of cayenne pepper

Method

In a small bowl, mix your cayenne and squeezed lemon juice. Set this aside

In a sufuria, place $\frac{3}{4}$ cup of water together with the sugar and bring to boil. It will change from light brown liquid to a thick mahogany color. After about 15 minutes, stir in the chili mixture until dissolved. Set the chili-caramel mixture aside.

Place your broccoli and carrots in a steamer together with the rosemary sprig and steam them. Once they are done discard the rosemary and transfer the vegetables in a bowl.

Drizzle the chili caramel over them while they are still hot as much as you prefer. Squeeze some lemon juice in then toss them and serve.



SERVE WITH: rice/ugali/chapati with any meat stew

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/steamed-carrots-and-broccoli-with-chili-caramel/>