



Carrots are usually part of many dishes, but rarely are they the main part of the dish. Today I let my amazing carrots be the star of the dish as I made this awe-inspiring carrot Kari.

Ingredients

4 large carrots

½ a teaspoon of black pepper

½ a teaspoon of ground mustard

1 teaspoon of whole mustard seeds

¼ teaspoon of dries sage

Finely chopped green onion

2 grated tomatoes

2 tablespoons of tomato paste

Finely chopped coriander



Method

Toast your mustard seeds together with your dried sage for about a minute. If your quantities are more than mine, toast them until you hear a crackling sound.

After that, put some vegetable oil and add your green onion, and all the spices and some salt according to your preference. Sauté until the onions are soft.

Add your grated tomatoes and the tomato paste and let this stay on the heat for about 2 minutes.

Then, add your sliced carrots, and cover with your lid, after about 7 minutes they should be done. If you prefer soft carrots, then cook them longer. I like mine with a bit of a crunch.

Serve hot



SERVE WITH: any rice dish, ugali, or on its own as an appetizer or starter .

This recipe was brought to you by Kaluhi's Kitchen from:

<http://www.kaluhiskitchen.com/carrot-kari/>