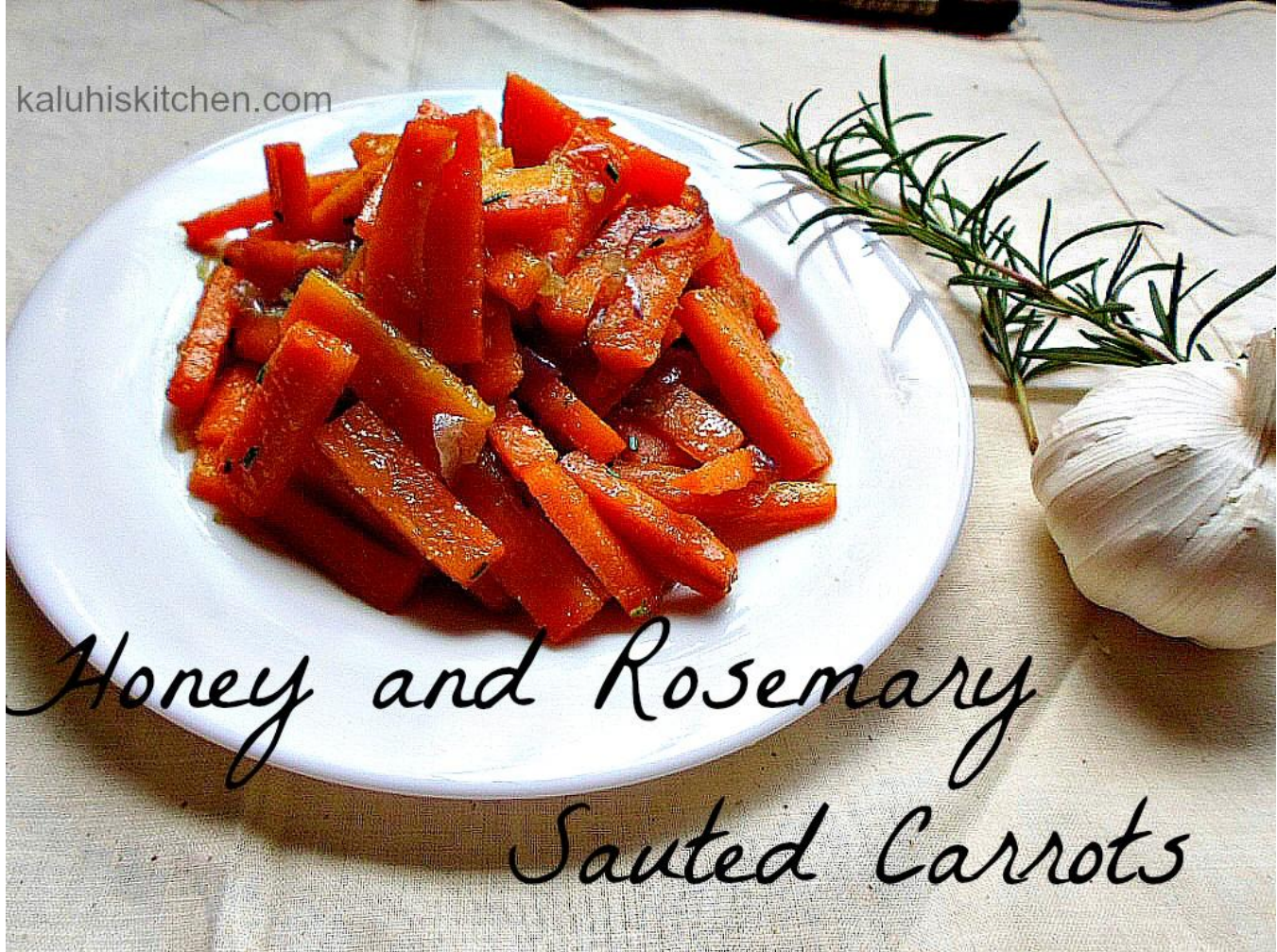




A dish with contrasting flavors on their own, but together, they meld in such perfect harmony. This honey and rosemary carrot sauté will leave you breathless!

Ingredients

3 carrots

Fresh Rosemary- finely chopped

3 cloves of garlic, minced

1 small red onion- roughly chopped

3 tablespoons of honey



Method

Peel your carrot. Cut it up into small pieces each about the size of your little finger.

Put them to boil. When they are halfway done, take them from the heat. You can also use a steamer if you have one. Be careful not to let your carrots become too soft.

Put your onions in a frying pan with the garlic, Fry them until they are soft. Be careful not to burn the garlic as this will make everything bitter.

Add your carrots and the finely chopped rosemary and mix these all up.

After about a minute, add your honey, and mix it in. After all the carrot sticks are evenly coated, your dish is done and ready to serve.



SERVE WITH: On hot ugali, rice, nyamachoma or on their own.

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

<http://www.kaluhiskitchen.com/honey-rosemary-sauted-carrots>