

CARROT



PREPARATION

- Scrub to remove dirt and cut off the bottom end.
- Dice or slice into rings or matchsticks.
- Grate for salads or to bulk up meat dishes (bolognese, lasagne, patties etc.)

ADD FLAVOUR

- Sprinkle with dried or fresh herbs.
- Glaze cooked carrot by combining ½ Tbsp brown sugar, 1 Tbsp margarine and 1 tsp lemon rind.
- Roast carrots with other vegetables such as potato and kumara and a small amount of oil. Add to a hot or cold roast vegetable salad.

STORAGE

- Refrigerate in plastic bags, a container or loose in the vegetable drawer.
- They can be chopped and stored in a container in the refrigerator for 2-3 days.
- Grated or pre chopped and frozen in a snap lock bag (quick easy way to add prepared vegetables to your meal).

VEGE UP

- Dice into casseroles, stews or stir-fry's.
- Use as a vegetable stick with low fat dips such as hummus.
- Add to sandwiches and slice into matchsticks to keep in the fridge for school lunches and quick snacks.

COOKING

- Boil in boiling water, covered for 5--10 minutes or until just tender.
- Steam over boiling water for 10 minutes until just tender.
- Microwave in a covered container with a little water (about 2 Tbsp) on high for 5--6 minutes.