



### **Braised carrot and onion**

#### **GREEN**

**Equipment:** Chopping board  
Kitchen Knife  
Vegetable peeler  
Saucepan

#### For each person

½ cup sliced carrots  
½ small onion, thinly sliced, or to taste  
2 teaspoons olive oil  
Pinch of salt (optional)  
Chopped parsley (optional)

#### **Method**

- Place the carrots and onion in a saucepan and add enough cold water to just cover them
- Add the olive oil and salt, if using
- Place the pot on the stove and bring to the boil, then cook uncovered over a medium to high heat until the water has evaporated – the time will depend on the amount of vegetables being cooked.  
It is really important to keep a close eye on the pot to ensure that the vegetables don't dry out too much and stick to the saucepan.  
If the water has evaporated and the carrot and onion is not cooked to your liking, just add a little more water and continue cooking.
- When the carrots are cooked to your liking, mix through the parsley to taste and serve.

**Serving suggestions:** This is a great side dish and can be eaten hot or warm. Leftovers can be stored in the fridge for a day or so and then reheated in the microwave; or added to a vegetable frittata.

If you would prefer a softer texture, the carrot and onion braise can be mashed – which would be great as a side dish, dip, or a spread for sandwiches, rolls, wraps or warm toast.

**Variation:** You can replace the carrot with other vegetables such as potatoes, green beans, cauliflower or Brussels sprouts or you can make it with a combination of vegetables.