

# SAUTÉED BC CARROTS



## INGREDIENTS

8	BC Carrots, tops on	8
2 tbsp	BC Butter, salted	30 ml
Pinch	Sea Salt	Pinch
Pinch	Fine Ground Black Pepper	Pinch



## DIRECTIONS

1. Remove the BC Carrot tops - leaving just a little bit of the green top.
2. Peel the carrots, rinse, and place them into a medium pot.
3. Add cold water to cover.
4. Place the pot over high heat and season with a pinch of salt.
5. Bring the water to a boil and reduce to simmer.
6. Continue to cook the carrots for 5 - 10 minutes or until desired doneness is reached (time will depend on the size of your carrots).
7. Strain remaining water and return the cooked carrots to the pot.
8. Over medium-high heat, add the BC Butter, a pinch of salt, and a pinch of pepper.
9. Sauté until carrots glisten.