

View from the Fridge – Recipes from Brian Donkin

Recipe # 101 – Carrots with Garlic and Olive Oil

Preparation time: 4 mins Cooking time: 4 mins

Ingredients:

4 medium carrots sliced
2 cloves garlic mashed to a paste
2 tblsps olive oil
Salt and pepper

Method

1. Place all ingredients into a frying pan with a lid
2. Fry for five minutes on a high heat while stirring from time to time

Serves 2

