



Butter Sautéed Broccoli and Carrots

Ingredients

1 Head of broccoli, cut into small florets
5 Medium sized carrots, peeled, cut in half and then quartered
3 Tablespoon butter
Salt and pepper to taste
1/4 Cup/60 ml water

Method

Blanche the broccoli and set aside.

Melt the butter in a large skillet set over medium-high heat. Toss in the vegetables and coat completely with the butter. Continue to toss the vegetables until they are all coated well and continue to cook for a further few minutes. Add the water, reduce heat to low and cover. Leave the vegetables to cook through and soften. This will take a further 8 minutes or so. Remove cover, give a quick stir and make sure all the liquid had evaporated. Season with salt & pepper and serve.

Julia's Cuisine

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Salads, Sides, Vegetable & Rice Dishes

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