

Sautéed Carrots & Green Onions

Swick

Serves 4 | Active Time: 20 minutes | Total Time: 25 minutes

Chef's Notes

This is a great vegetable to serve as you can prepare everything ahead of time.

Come time to serve you just have to sauté the carrots, garnish and that's it!

Step 1: Cutting the Carrots

- 6 to 8 carrots (medium-sized)
- Peel the carrots and then slice into rounds about 1/4 inch thick.

Step 2: Parboiling the Carrots

- salt (1 tsp per L/qt of water)
- Bring a large pot of cold water to a boil. Then add the salt and stir.
- Set up an ice bath. Add the carrots and parboil. This should only take a few minutes, as you just want them to be cooked about three-quarters of the way through.
- When ready, drain the carrots and immediately place them into the ice bath.

Step 3: Draining and Drying the Carrots

Once the carrots have completely cooled, pat dry with paper towels.

If prepping ahead, you can place the carrots onto a baking tray lined with a clean kitchen towel and then place into the refrigerator until ready to use.

Step 4: Preparing the Green Onions

- 1/2 bunch green onions
- Slice just the bulb of the green onion into slits lengthwise. Then finely slice the green onion.
- This can also be done a few hours ahead of time. Simply place into a bowl and cover with plastic wrap and store in the refrigerator until ready to use.

Step 5: Sautéing the Carrots

- 1 tbsp grapeseed oil
 - 1 tbsp butter* (optional)
- Heat a large fry pan over medium-high heat. Once hot, add the oil, followed by the carrots. *Note: If desired, add a tbsp of butter. For plant-based use a non-dairy butter such as FabaButter.
- Let cook for a bit on the first side to develop a bit of color. Then toss and continue to cook until the carrots are almost cooked through.

Step 6: Finishing the Dish

- sea salt, to taste
- freshly ground black pepper, to taste

Taste for seasoning and then top with the green onions. Toss to combine and serve immediately.