

Honey-Glazed Carrot Medley

This delightful dish features tender carrots glazed with honey and a hint of garlic, bringing out their natural sweetness while adding a savory twist. Perfect as a main dish for a light meal or a vibrant side dish.



Main Dish

15 min

Total time

easy

Difficulty

150

kcal / serving

Ingredients

- 2 medium carrots, sliced
- 1 tablespoon honey
- 1 clove garlic, minced
- 1 teaspoon olive oil
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add the sliced carrots and sauté for 5 minutes until they begin to soften.
- 3 Stir in the minced garlic and cook for another 2 minutes.
- 4 Drizzle the honey over the carrots, stirring to coat evenly.
- 5 Season with salt and pepper to taste, and cook for an additional 3-4 minutes until the carrots are tender and caramelized.
- 6 Remove from heat and garnish with fresh parsley if desired. Serve warm.