

Honey-Glazed Carrot Medley

This delightful dish features sweet, tender carrots glazed with honey and a hint of thyme, creating a perfect balance of flavors. It's a simple yet elegant main dish that's both nutritious and satisfying.



Main Dish

15 min

Total time

easy

Difficulty

150

kcal / serving

Ingredients

- 2 medium carrots, sliced
- 1 tablespoon honey
- 1 teaspoon olive oil
- 1/4 teaspoon dried thyme
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

Steps

- 1 In a pan, heat olive oil over medium heat.
- 2 Add the sliced carrots and sauté for about 5 minutes until slightly tender.
- 3 Drizzle honey over the carrots and sprinkle with thyme, salt, and pepper.
- 4 Continue to cook for another 3-4 minutes, stirring occasionally, until the carrots are glazed and tender.
- 5 Remove from heat and garnish with fresh parsley if desired before serving.