

Sticky Carrots

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 3-4 heaping tbsp Organic Ghee
- 2 bunches organic carrots, roughly 12 carrots
- 4 cloves garlic
- Bunch of fresh thyme
- Juice from 2 oranges
- 2 tbsp maple syrup
- Pinch of sea salt and pepper

Instructions:

1. Trim the greens off the top of carrots. Wash and do not peel them if they are organic.
2. Melt the ghee in a large fry pan over medium heat. Place garlic into melted ghee and saute for about a minute.
3. Add the sprigs of fresh thyme, juice from the oranges. maple syrup, then finally add the carrots. Try to spread them out evenly in a single layer if possible.
4. Sprinkle with sea salt and pepper if using. Jiggle the pan around to get the carrots coated. Add a splash of water if necessary if liquid is drying up too quick.
5. Cover fry pan and reduce heat to medium low for 15-20 minutes or under carrots are fork-tender.
6. Then remove the lid and cook for another few minutes until the sauce has reduced down and started to caramelize. Make sure the carrots get turned and well coated.
7. Enjoy immediately!

Notes:

Serves 4 as a side.