

# Baby Carrots in Ginger & Orange Glaze

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900g baby carrots, washed and scrubbed  
50g butter  
25g piece ginger, peeled and finely grated  
2 tbsp clear honey  
zest 1 orange

Bring a large pan of salted water to the boil and add the carrots. Simmer for 5 mins until slightly tender, then drain.

In a wide pan, heat the butter until melting, then add the carrots, ginger, honey and orange zest. Cook over a medium heat for 25-30 mins, turning them gently every now and then, until the carrots start to go golden and sticky.

Turn the carrots gently in the pan every now and again until all sides are browning. Season well before serving

THE  
COOKERY

by The Secret Jozi Chef

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