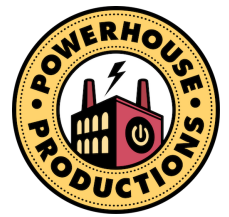


Just Eats with Chef JJ
CLEO TV
You Fancy Now
401



Olive Oil Poached Carrots

Recipe courtesy of Chef JJ Johnson

Yield: 4-5 servings

Ingredients:

2 cups Spanish olive oil

Kosher salt

1 bunch dill

Zest of 1 small lemon

10 Thumbelina carrots, quartered

*(if you can't find these you can use any
of your favorite types of carrots)*

Method:

1. Pour the olive oil into a deep skillet. Season the oil with salt to taste. Spread the dill out in the oil and add the lemon zest.
2. Bring the oil up to a light simmer. Add the carrots in an even layer. Cook the carrots slowly in low simmering oil for about 30-40 minutes or until tender.