

Sautéed Carrots & Green Onions

by **Dawn T** in **Rouxbe Recipes**

Sweet carrots tossed with butter and green onions. Simple to make and oh so yummy to eat!

Serves: 4 | **Active Time:** 20 mins | **Total Time:** 25 mins

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Step 1: Cutting the Carrots

6 to 8 carrots (medium-sized)

Peel the carrots and then slice into rounds about 1/4 inch thick.

Step 2: Parboiling the Carrots

salt (1 tsp per L/qt of water)

Bring a large pot of cold water to a boil. Then add the salt and stir.

Set up an ice bath. Add the carrots and parboil. This should only take a few minutes, as you just want them to be cooked about three-quarters of the way through.

When ready, drain the carrots and immediately place them into the ice bath.

Step 3: Draining and Drying the Carrots

Once the carrots have completely cooled, pat dry with paper towels.

If prepping ahead, you can place the carrots onto a baking tray lined with a clean kitchen towel and then place into the refrigerator until ready to use.

Step 4: Preparing the Green Onions

1/2 bunch green onions

Slice just the bulb of the green onion into slits lengthwise. Then finely slice the green onion.

This can also be done a few hours ahead of time. Simply place into a bowl and cover with plastic wrap and store in the refrigerator until ready to use.

Step 5: Sautéing the Carrots

1 tbsp grapeseed oil

1 tbsp butter* (optional)

Heat a large fry pan over medium-high heat. Once hot, add the oil, followed by the carrots. *Note: If desired, add a tbsp of butter. For plant-based use a non-dairy butter such as Earth Balance.

Let cook for a bit on the first side to develop a bit of color. Then toss and continue to cook until the carrots are almost cooked through.

Step 6: Finishing the Dish

sea salt, to taste

freshly ground black pepper, to taste

Taste for seasoning and then top with the green onions. Toss to combine and serve immediately.

Notes

This is a great vegetable to serve as you can prepare everything ahead of time. Come time to serve you just have to sauté the carrots, garnish and that's it!