



# Herb Buttered Baby Carrots

Make the herby mustard butter a few days ahead, then steam your carrots on the day for a speedy side dish.

Makes 8 Servings

## Ingredients

1 cup butter, softened  
1 tbsp finely chopped tarragon  
1 ½ tbsp finely chopped parsley  
½ tbsp wholegrain mustard  
1 kg baby carrots  
Salt and pepper, to taste

## Steps

1. Mash the butter in a bowl with the tarragon, parsley, and mustard. Add salt and pepper to taste. Cover and chill until needed. (Can be made up to 3 days ahead.)
2. Trim the long green tops off the carrots and wash under cold running water, scrubbing them with a clean scourer to get rid of any dirt. Halve the carrots lengthwise so they are all the same size.
3. Steam carrots for 10 to 12 minutes until tender. Alternatively, you can cook carrots in the microwave for 8 to 10 minutes.
4. Drain carrots, then toss with herbed butter. Serve immediately.

## Nutrition Information

115 Calories | 7g Carbohydrates | 9g Fat | 5g Saturated Fat | 3g Fibre | 1g Protein | 0.3mg Sodium | 7g Sugar

Source: [www.bbcgoodfood.com](http://www.bbcgoodfood.com)