



JEAN CHRISTOPHE
NOVELLI®

JAFFA ORANGE GLAZED CARROTS WITH CUMIN

Makes

4

Time

35
Minutes

Level

Simple

Kcal

213
per portion

Our step-by-step guide

Step 1

Juice your Jaffa Oranges, you should hopefully have 500ml of juice.

Step 2

In a hot pan with a lid, add the carrots and enough of your Jaffa Orange juice to cover the carrots. Add the cardamom pods, cumin seeds, and sugar. Bring to the boil and allow to simmer until the carrots are cooked.

Step 3

Once cooked remove the carrots with a slotted spoon and increase the heat a little to reduce. Once thickened add the fresh tarragon.

Step 4

Place the carrots in a serving dish, sprinkle with the extra virgin rapeseed oil and then cover the sauce and serve immediately.

Step 5

Enjoy!

You will need

- 7 x Jaffa Oranges (juiced)
- 5 x Cardamom Pods
- 500g x Fresh Baby Carrots
- 1 x TBSP Fresh Tarragon
- 1 x TBSP Extra Virgin Rapeseed Oil
- 1 x TSP Cumin Seeds
- ½ x TSP Brown Sugar

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TEA TONIGHT!**

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