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**Typ:** Gemüse

**Quelle:** Nigel Slater: The 30-minute cook, 46

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**Bemerkungen:** Sharp tangy yoghurt is an appealing foil for the carrot's natural sweetness.

**Zutaten:** FOR 4, AS A SIDE DISH  
450 g carrots  
2 tablespoons olive oil  
2 tablespoons chopped mint  
2 heaped tablespoons thick yoghurt

**Rezept:** Cut the carrots into thick slices. You can keep them whole if you are using baby ones. Heat the olive oil in a frying-pan, add the carrots and cook slowly, over a low heat, for 15 minutes or until tender. They should not be soft, but should have a little bite left in them. Brown in patches is a plus.

Add the mint and yoghurt to the pan. Toss gently and then remove from the heat. The vegetables will be hot enough to warm the yoghurt without further cooking, which will curdle it. Serve warm.