

Grilled Baby Carrots

Swick

Serves 1 | Active Time: 5 minutes | Total Time: 15 minutes

Step 1: Preparing the Carrots

- 3/4 lb baby carrots
- 1/2 tsp olive oil
- 2 sprigs fresh thyme*

To start, preheat your barbecue to medium high.

To prepare the carrots wash and peel. If possible try to keep a bit of the green top intact as it makes for nicer presentation.

Toss with just a touch of olive oil. Do not use too much otherwise it can cause flareups when cooking.

Next, remove the leaves from the thyme and toss it in with the carrots.

*Note: Fresh dill or oregano would also go nicely.

Step 2: Grilling the Carrots

- Maldon salt* (to taste)

To grill the carrots place them on the grill in a single layer. Close the lid and let cook for a few minutes. As soon as they take on some nice color on the underside turn them over and cook for another few minutes.

As soon as the carrots are tender, remove them from the grill and place them onto a serving platter. Because baby carrots are generally sweet and full of flavor, they should ideally still have a tiny bit of crunch to them so be sure you keep an eye on them.

Cooking times will vary depending on how thick the carrots are and also depending on how high the heat was.

To finish, drizzle the carrots with a bit of quality olive oil and a few good pinches of Maldon salt.

*Note: If you do not have Maldon salt you can use fleur de sel or any other nice finishing salt.