

THIS MONTH, IT'S ALL ABOUT CARROTS

Simple, Seasonal, Sensational!

Did you know?

The bright orange carrot was developed by Dutch farmers in the Netherlands during the 1600s. It's believed they selectively bred orange carrots to honour the royal House of Orange

Why we love them

Carrots are crunchy, colourful, and naturally sweet - making them a favourite in lunchboxes, salads, and soups alike



Fun fact

Rabbits do love carrots - but in the wild, they actually eat mostly grass! The idea of rabbits munching on carrots became popular thanks to Bugs Bunny!

TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS'
FAVOURITE TASTY CARROT RECIPES!

WE ONLY USE



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS

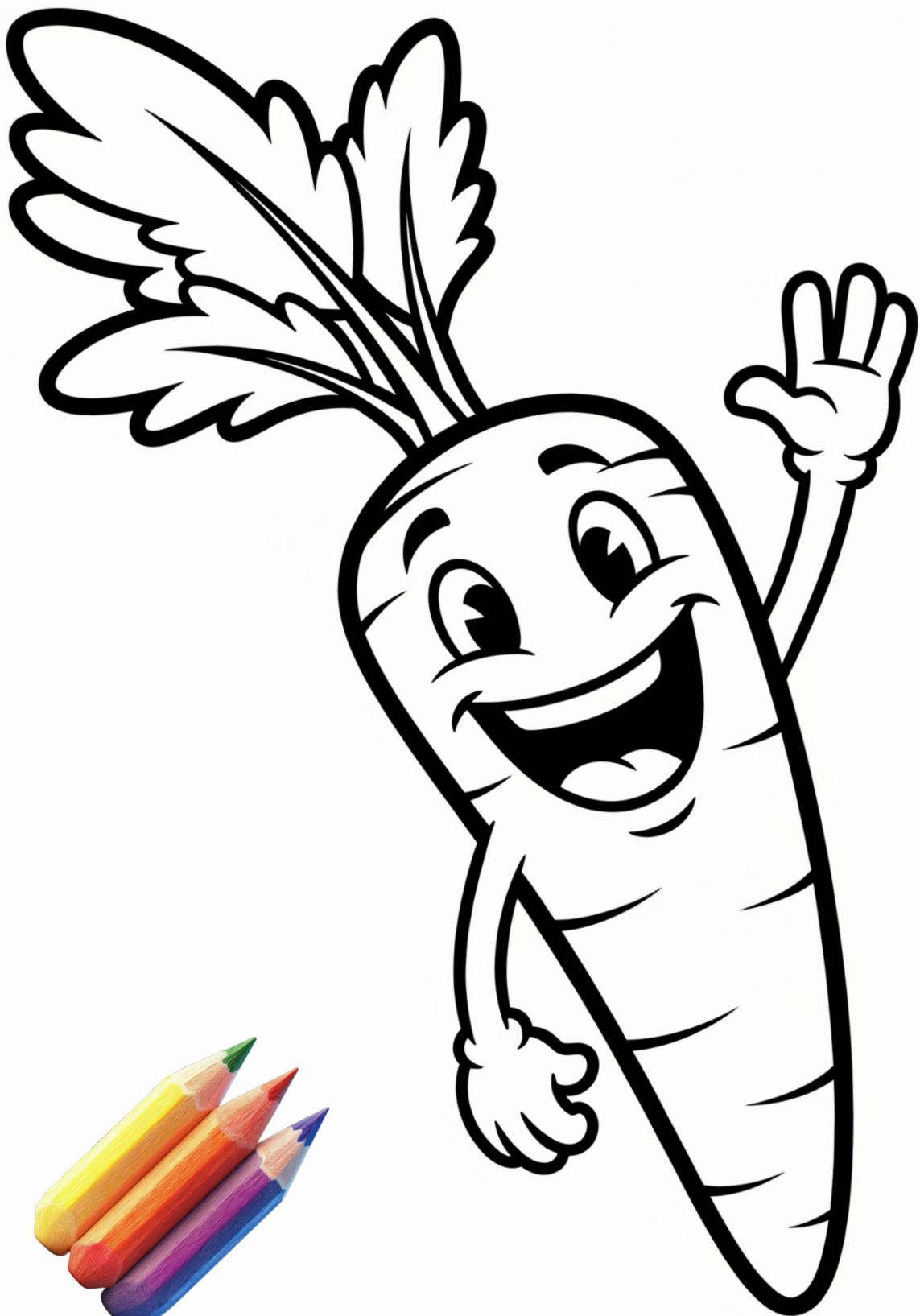


LOCAL FRUIT & VEG



WHOLEMEAL PASTA

freshingredients  **fresh**food



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CARROT, APPLE AND RAISIN SALAD (SALAD)

INGREDIENTS

- Carrots (grated) - 375g
- Apples (grated) - 1 to 2
- Raisins - 100g
- Lemon juice - 25ml
- Low-fat Greek yoghurt - 100ml
- Honey - ½ tbsp

METHOD

1. Mix grated carrots, apples, and raisins in a large bowl.
2. In a small bowl, combine yoghurt, lemon juice, and honey to make the dressing.
3. Stir the dressing into the salad until everything is coated.
4. Chill before serving in small pots or bowls.

CARROT AND LENTIL SOUP

INGREDIENTS

- Carrots (chopped) - 500g
- Red lentils - 200g
- Onion (chopped) - 1 medium
- Garlic - 1 clove
- Vegetable stock - 625ml
- Olive oil - 25ml

METHOD

1. In a large pot, sauté chopped onion and garlic in oil until soft.
2. Add chopped carrots and lentils, stir and cook for 5 minutes.
3. Pour in vegetable stock and simmer for 25-30 minutes until everything is soft.
4. Blend until smooth. Serve warm with bread if desired.



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CARROT MUFFINS

INGREDIENTS

- Carrots (grated) - 375g
- Self-raising flour - 125g
- Brown sugar - 50g
- Eggs - 1.5 (use 1 large + 1 yolk)
- Vegetable oil - 75ml
- Cinnamon - $\frac{1}{2}$ tsp

METHOD

1. Preheat oven to 180°C. Line a muffin tin with 6-8 paper cases.
2. In a bowl, mix all ingredients until well combined.
3. Spoon into muffin cases.
4. Bake for 20-25 minutes until risen and golden.
5. Cool before serving.

CARROT AND CHEESE PINWHEELS

INGREDIENTS

- Puff pastry - 500g
- Carrots (grated) - 300g
- Cheddar cheese (grated) - 150g
- Egg - $\frac{1}{4}$ (use a little beaten egg for glaze)

METHOD

1. Preheat oven to 200°C.
2. Roll out the puff pastry.
3. Evenly sprinkle grated carrots and cheese over the pastry.
4. Roll into a log shape and slice into 1.5cm thick rounds.
5. Place on a baking tray and glaze with a little beaten egg.
6. Bake for 15-20 minutes until puffed and golden.



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CARROT AND POTATO MASH

INGREDIENTS

- Carrots - 500g
- Potatoes - 500g
- Butter - 62g
- Milk - 125ml
- Salt - to taste

METHOD

1. Peel and chop carrots and potatoes.
2. Boil together in a large pot for 20-25 minutes, until soft.
3. Drain and mash with butter and milk.
4. Season with salt and mix well.
5. Serve warm.

MINI CARROT AND COURGETTE FRITTATAS

INGREDIENTS

- Carrots (grated) - 250g
- Courgettes (grated) - 250g
- Eggs - 4
- Grated cheese - 100g
- Milk - 75ml
- Oil - for greasing

METHOD

1. Preheat oven to 180°C. Grease 6-8 muffin cups or use paper liners.
2. Mix all ingredients in a large bowl.
3. Divide mixture evenly into muffin tins.
4. Bake for 20-25 minutes until golden and set.
5. Let cool slightly before serving.



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