

# Orange Carrots

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## Ingredients:

- 1 x orange(sliced).
- 6 x carrots.
- 1 teaspoon of honey.
- ½ teaspoon of salt.
- dash of pepper.
- 2 teaspoons of potato starch.

## Preparation:

1. Dice the carrots and place in a pan just covering them with water.
2. Add the orange, honey, salt and pepper to the pan and bring to a boil.
3. Cover the pan and simmer over a low heat for about 20 minutes, until tender.
4. Remove the lid and turn to a medium heat and boil down for about 5 minutes. Watch to make sure the fluid does not boil away.
5. In a cup, mix the potato starch with a tablespoon of cold water, and stir slowly into carrots until the gravy thickens.