Carrots with Brown Butter & Hazelnuts

Makes: 4-6 servings
Prep Time: 5 minutes Cook Time: 20 minutes
Total Time: 25 minutes

- 21 ounces carrots (about 12 small or 9 medium carrots)
- 1/4 cup hazelnuts, toasted
- Leaves from 15 stems of flat-leaf parsley
- 3 & 1/2 tbsp butter
- Juice of ½ lemon
- Sea salt and freshly ground black pepper

Slice the carrots lengthways (or leave them whole if they're small). Put them in a saucepan and add cold water to cover. Add a couple of pinches of salt, bring to the boil and simmer for 10–15 minutes, or until tender.

Roughly chop the hazelnuts and chop the parsley as finely as you can.

Drain the carrots and return them to the pan or transfer to a serving dish. Melt the butter in a heavy-bottomed frying pan over a medium-high heat until it starts to froth. After a minute or so the butter will be golden and will smell nutty, and a patch in the middle will become calm. When that happens, throw in the crushed hazelnuts, stir them for 10 seconds, then turn off the heat, squeeze in the lemon juice and add the parsley.

Quickly pour the contents of the pan over the carrots. Sprinkle with a generous pinch of salt, toss well so that all the carrots are glossy and the parsley and hazelnuts are evenly distributed. Serve immediately.

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