



Makes 6 cups
Preparation Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

2 cloves garlic, thinly sliced

1¾ lb. large carrots, bias-sliced
(6 cups)

¼ cup chopped fresh basil

Sea salt, to taste

Freshly ground black pepper, to
taste

Basil and Garlic Poached Carrots

Poaching carrots allows their natural flavor to shine through. Here, basil and garlic add savory aromas that elevate an ordinary side dish to new and delicious heights. Any color of carrot will work in this recipe, but we love how rainbow carrots add visual intrigue that turns this dish into a veggie treasure trove. Don't have any fresh basil on hand? Feel free to swap in dill, fennel, or parsley to see which herb pairing tickles your taste buds. Serve alongside [veggie burgers](#), [pasta salads](#), or even [homemade pizza](#) when you're craving an extra dose of nutrient-dense produce that won't overpower the flavors of your main course.

For more carrot side dish recipes, check out these tasty ideas:

- [Cardamom Roasted Carrots with Pomegranate Seeds](#)
- [Curried Roasted Carrot Hummus](#)
- [Grilled Asparagus and Rainbow Carrots with Gremolata](#)
- Or take a look at our full collection of amazing [carrot recipes](#)

By Darshana Thacker Wendel

- 1 Heat an extra-large nonstick skillet over medium. Add garlic and cook just until starting to brown, stirring frequently. Add carrots and ½ cup water; stir well. Cover and cook 10 to 15 minutes or until carrots are tender. Remove lid and cook off any remaining liquid, stirring occasionally to prevent sticking.
- 2 Stir in basil. Season with salt and pepper. Serve warm or chilled.