
Filasky's Produce

Recipe Of The Week

Orange-Braised Carrots and Parsnips

Ingredients

- 1 lb carrots
- 1 lb parsnips
- 1-2 shallots sliced
- 3-5 thyme sprigs
- 2 Tablespoons olive oil
- ½ cup orange juice divided plus zest
- 1/3 cup chicken broth
- salt pepper
- 1 Tablespoon butter softened
- 2 Tablespoons fresh parsley minced
- 1 Tablespoon lemon juice

Instructions

- Preheat the oven to 350 degrees.
- Peel the carrots and the parsnips. Cut each into approximately 2 inch long pieces, ½-¾ inch thick.
- Place the carrots, parsnips, shallots, thyme, olive oil, orange zest, ¼ cup orange juice, chicken broth in a Dutch oven or a heavy bottomed pot. Season with salt and pepper.
- Bring it to a boil on the stove top.
- Cover and place in the preheated oven. Braise the vegetables in the oven for 30-45 minutes, just until the carrots and parsnips are tender.
- Discard the thyme sprigs.
- Add another ¼ cup of freshly squeezed orange juice, lemon juice and fresh parsley to the vegetables right before serving. Mix gently, seasoning with salt and pepper if needed.