

Mama Dor's Kitchen



KADJAR (CARROT) HALWA

Serves 2

Ingredients

1 large carrot grated

1 tsp butter (or coconut oil for vegan friendly)

1 tbs maple syrup

50ml fresh oat or coconut milk

Pinch cardamom powder (use cinnamon powder as a substitute if you haven't got cardamom)

Handful of cashew or pistachio nuts, roughly chopped

Method

In a non stick frying pan, allow the butter (or coconut oil) to melt and add the chopped carrots. On a high heat, keep moving the carrots around to ensure they don't stick or burn. Once the carrots turn translucent (about 8-10 mins), add the maple syrup and milk. Keep stirring until the milk has been absorbed and the mixture is glossy and sticky (3-5mins). Take off the heat, and stir in the cardamom (or cinnamon) powder and the nuts.

Serve warm with Indian kulfi. Or serve cold on its own.

A little goes a long way with this one!