

# Peas and Carrots

## Ingredients

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2 T Olive Oil  
1 Shallot (sliced)  
1 Potato (cubed)  
1 lb Carrot (cubed)  
1 lb Peas (frozen)  
1/4 c Water  
0 ds Salt  
0 ds Ground Black Pepper

## Instructions

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1. Finely slice the shallot and cut the carrots and the potatoes into pieces that are all the same size.
2. Warm the olive oil in a large frying pan and saute the shallot for a couple of minutes. Stir in the carrots and the potato, cover with a lid, and cook over medium heat for about 15 minutes, stirring frequently.
3. During cooking, add water gradually to prevent the veggies from sticking to the pan. Stir in the peas, salt and pepper. Stir well to combine and cook for a further 5 minutes until the peas are tender. Add a touch of extra water to keep the veggies moist if needed.
4. Taste, adjust the seasoning according to your liking, and serve warm with a drizzle of olive oil

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if you like.