

Roasted Glazed Carrots

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 25 minutes

Chef's Notes

This is a great alternative to boiled or steamed carrots. Make sure you make some extra carrots though, as they are highly addictive.

To prepare these carrots in advance, you can cut them ahead of time; however, toss and seasoning just prior to roasting. If done too soon, the salt will extract the water from the carrots and will prevent them from roasting nicely.

You can also substitute maple syrup or honey for the brown sugar, if you prefer.

Preparing and Roasting Carrots

Preheat the oven to 425°F (220°C).

Peel the carrots and cut the carrots into long diagonal strips. To do this, first cut the carrots in half lengthwise and then lay them down on the flat side so that the carrots are stable when you slice them. Also, try to cut them all roughly the same size so they cook evenly during roasting.

Transfer the carrots to a large bowl. Add the brown sugar, melted butter and oil and toss to evenly coat. Add the salt and pepper and toss again.

*Note: For plant-based, use a non-dairy butter such as Earth Balance.

Place the carrots onto a parchment-line baking tray. Roast the carrots for approximately 12 to 15 minutes, taking them out of the oven to toss half way through the roasting process. Once caramelized and just cooked through, serve immediately, sprinkling with a bit of grey salt, if desired.

Step 1: Preparing and Roasting Carrots

- 16 medium carrots
- 3 tbsp brown sugar
- 1 tbsp butter, melted*
- 1 tbsp grapeseed oil
- 1/2 tsp freshly ground black pepper
- 1/4 tsp sea salt
- 1/2 tsp grey salt (to finish)