



Makes: 6 servings

Prep Time: 20 minutes Cook Time: 20 minutes

Total Time: 40 minutes

Honey Maple Roasted Carrots

Ingredients

- 2 pounds carrots, peeled and sliced on a long angle into pieces, approximately 3 inches long
- 2 tbsp extra-virgin olive oil
- 1 tbsp pure maple syrup
- 2 tbsp honey
- 1 & 1/2 tsp ground coriander
- 1 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 1 tbsp sesame seeds
- 1 tbsp fresh thyme leaves
- 1 tbsp thinly sliced fresh chives
- 1/2 cup pomegranate arils or seeds

Instructions

Preheat oven to 450°F. Lightly oil a sheet pan.

Place carrots on prepared pan and drizzle with olive oil, maple syrup and honey. Sprinkle with coriander, sea salt and pepper. Toss to coat (I like to use my hands for this to get them well coated, but a spatula will work too). Spread carrots out on the pan in a single layer.

Roast for 10 minutes, then stir to redistribute. Return to oven and roast for another 15-20 minutes, stirring every 5 minutes. Carrots are finished when they are tender and some of the edges are caramelized.

Sprinkle sesame seeds and herbs over carrots and stir. Taste and season with a bit more sea salt and pepper, if needed. Transfer to a serving bowl and scatter with the pomegranate arils. Serve hot.

Recipe from The Cafe Sucre Farine