



## Maple Mustard Roasted Vegetables

Makes: 10 servings

Prep Time: 30 minutes Cook Time: 35 minutes

Total Time: 1 hour & 5 minutes

### Ingredients

#### Maple Mustard Glaze:

- 2 tbsp unsalted butter
- 2 tbsp pure maple syrup
- 1 & 1/2 tbsp coarse-grain mustard
- 1 tbsp honey

#### First Roasting:

- 3 tbsp olive oil
- 2 tsp ground coriander
- 1 tsp smoked paprika
- 1 tsp kosher salt
- 1 tsp ground black pepper
- 1 pound carrots, sliced 1/2-inch thick on a diagonal
- 1 small head cauliflower, cored and separated into bite-size florets
- 12 ounces mushrooms, sliced 1/2-inch thick

#### Second Roasting:

- 1 medium red onion, halved, peeled and cut into wedges
- 1 large yellow bell pepper, cut into 3/4-inch squares
- 2 medium zucchini, halved lengthwise, then sliced 1/2-inch thick, on a diagonal

#### To Finish:

- fresh thyme leaves, for garnish

## Instructions

### For the Prep:

Preheat the oven to 450°F. Drizzle a sheet pan (18x13-inches) with olive oil. Spread to coat the pan with your fingers or a silicone spatula. Set aside.

### Maple Mustard Glaze:

Combine the butter, maple syrup, mustard and honey in a small microwave-safe bowl or measuring cup. Microwave on high power for one minute. Stir well to combine. Set aside for now.

### First Roasting:

Combine the olive oil, coriander, smoked paprika, kosher salt and pepper in a large bowl. Stir to combine. Add the carrots, cauliflower and mushrooms to the bowl and toss to coat. Turn the veggies out onto the prepared sheet pan.

Add the remaining veggies to the same bowl, drizzle lightly with olive oil and toss to coat. Set aside for now.

Roast the veggies on the sheet pan for 5 minutes then remove from the oven and stir to redistribute. Return to the oven and roast for another 15 minutes.

### Second Roasting:

Increase the heat to 475°F. Remove the veggies from the oven, stir to redistribute, then add the remaining veggies (red onion, yellow bell pepper and zucchini) to the mixture on the sheet pan. Drizzle with the prepared maple mustard glaze. Stir gently one more time to evenly distribute all of the veggies.

Return the pan to the oven and roast for another 13-18 minutes or until golden and caramelized. (Every oven is a little different, so watch the veggies carefully towards the end.)

### To Finish:

Taste and add more salt (kosher or flaky sea salt) if needed. Garnish generously with fresh thyme leaves.

*Recipe from The Cafe Sucre Farine*