

Honey-Roasted Carrots

A simple side made for a homegrown carrot glut

DIFFICULTY Easy
COURSE Side Dish
CUISINE Australian



PREP
10 min



COOK
35 min



TOTAL
45 min



SERVES
4



FREEZES WELL
No

01 Ingredients

- 1000g carrots, peeled and cut into batons
- 3 tbsp honey
- 2 tbsp olive oil
- 1 tsp fresh thyme leaves (or 1/2 tsp dried)
- Salt and pepper, to taste

02 Method

1. Preheat oven to 200C. Toss carrots with olive oil, salt, and pepper on a baking tray in a single layer.
2. Roast for 20 minutes, turning once, until starting to soften and colour.
3. Drizzle honey over the carrots and toss to coat evenly.
4. Return to the oven and roast for a further 10-15 minutes until tender and caramelised.
5. Scatter with thyme leaves and serve warm.

04 Common mistakes

- **Adding honey too early** — it burns over the full roasting time; add it partway through instead.
- **Cutting carrots unevenly** — different sizes cook at different rates, leaving some mushy and others hard; aim for even batons.
- **Overcrowding the tray** — carrots need space to roast rather than steam; use two trays if needed.

03 Notes & substitutions

- Maple syrup works well in place of honey.
- Swap thyme for rosemary, or use both together.
- Add a pinch of cumin or smoked paprika for a different flavour direction.
- Vegetarian and vegan as written (with maple syrup).

05 Storage & leftovers

FRIDGE	Airtight container, up to 4 days.
FREEZER	Not recommended - carrots lose their texture.
REHEATING	Hot oven to re-crisp - microwaving makes them soft.