

Oven Carrots glazed with honey

by Alejandro Hernandez

Preparation Time: 45 min

Number of Persons: 2

Ingredients:

Ingredient	Measure
Carrots	1 Pounds
Olive oil	2 Tablespoon
Honey	2 Tablespoon
Black pepper	0.5 Teaspoon
Salt	1 Teaspoon

Method:

1. Preheat the oven to 400°F (200°C).
2. Peel and slice the carrots into sticks.
3. In a mixing bowl, toss the carrots with olive oil, honey, salt, and black pepper until evenly coated.
4. Transfer the carrots to a baking sheet lined with parchment paper, making sure they are in a single layer.
5. Roast the carrots in the preheated oven for 20-25 minutes or until they are tender and caramelized.

6. Remove the baking sheet from the oven and transfer the carrots to a serving dish.

7. Garnish the carrots with chopped fresh parsley if desired.