

# MAPLE SYRUP GLAZED SPRING CARROTS

TURN OVER FOR RECIPE



## INGREDIENTS

- 1 bunch spring carrots (whole/halved according to size with a small amount of the green top left on).
- 2 Tbsp olive oil
- 3 Tbsp maple syrup
- 1 Tbsp grainy mustard
- ½ an orange, zested and juiced

## METHOD

Preheat the oven to 200°C.

Place the carrots in a large roasting tin in a single layer, drizzle with olive oil and season. Roast in the oven, turning occasionally for 30 minutes. Remove from oven.

Mix the maple syrup, mustard and orange juice and zest in a jug and pour over the semi-roasted vegetables.

Return the carrots to the oven and roast for a further 10-15 minutes or until caramelized and sticky.

Serves 6

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