



Roasted Sweet Chili Carrots

Yield: 4-6 servings

Serving size: ½ cup

Ingredients

1 lb (4-6 each)	Carrots
2-3 cloves	Garlic, minced
1-2 Tablespoon	Olive oil (or canola)
1 Tablespoon	Honey
2 teaspoon	Chili paste
¼ teaspoon	Kosher salt
To taste	Red chili flakes

Equipment

- Chef knife
- Cutting board
- Large bowl
- Mixing spoon
- Sheet pan
- Parchment paper

Method

1. Preheat oven to 400°F (or 375°F on convection) and prepare a sheet pan with parchment paper
2. Wash, dry, and cut carrots into even size oblique cuts (~1 inch thick)
3. Toss carrots in a large bowl with oil, honey, chili paste, minced garlic, salt, and pepper flakes
4. Spread vegetables evenly on a sheet pan (do not over-crowd the pan) and roast for 25-30 minutes until golden brown and fork-tender

Helpful Tips

- The smaller the vegetables are cut, the faster they will cook. Check your oven earlier if your carrots were cut smaller
- Even sized cutting will help everything cook evenly