Roasted Carrots with Maple Mustard

4 roasted-carrot side portions from 700 g prepared carrots · Active 15 min · Total 55 min

Ingredients

- 1 lb 9 oz carrots, peeled, trimmed and cut into roughly 3-in/7.5-cm batons no more than 1/2 in/1.25 cm thick (700 g prepared)
- 1 tablespoon olive oil (15 ml)
- 1/4 teaspoon fine salt (1.5 g)
- 1 tablespoon pure maple syrup (20 g)
- 1 tablespoon Dijon mustard (15 g)
- 1 tablespoon cider vinegar (15 ml)
- 1/4 teaspoon black pepper

Set out

Oven, Large rimmed baking sheet, about 13×18 in/33×46 cm, Second sheet if needed for spacing, Small bowl, Whisk, Wide spatula, Food thermometer for reheating leftovers

Allergens

Mustard; check condiment labels. Check labels and substitutions.

Make it

1. Heat oven to 425°F (220°C). Toss prepared carrot batons with oil and salt on the sheet and spread in one layer with gaps. Use a second sheet if crowded.

2. Roast 25–30 minutes, turning once, until nearly tender to a knife and browned at some edges. Meanwhile whisk maple syrup, mustard, vinegar and pepper in the small bowl.

3. Pour glaze over nearly tender carrots and turn to coat. Roast 5–8 minutes more, watching closely, until tender and lightly sticky without scorched syrup. Turn through the tray juices and serve four side portions.

A small bowl makes the late glaze easy

Whisk the three glaze ingredients before opening the oven for the final turn. Having them ready prevents a half-glazed tray waiting beside a hot oven while individual bottles are found.

A useful detail

The 55-minute total includes peeling and matching baton thickness, the unglazed roast, the short glaze finish and serving. Oven space and carrot thickness can extend the first stage; the syrup still belongs only at the end.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F (32°C), at 40°F (4°C) or below. Use within 3 days. Reheat to 165°F (74°C), covering if glaze threatens to burn. Freeze promptly cooled portions for up to 2 months for quality and thaw in the refrigerator; the roasted surface becomes softer.