

Maple Miso Roasted Carrots



Ingredients

- 2 Tbsp white miso
- 2 Tbsp real maple syrup

Info

- **Prep:** 10
- **Cook:** 30

- 1 Tbsp melted butter
- 1 tsp grated fresh ginger
- 1 tsp soy sauce
- 1 lb. carrots

- **Serves: 4**
- [Source](#)



Directions

1. Preheat the oven to 400°F. In a bowl, combine the miso, maple syrup, melted butter, grated ginger, and soy sauce. Stir them together until smooth.
2. Peel and slice the carrots into about 1-inch sections (for thicker parts of the carrots, cut them slightly shorter, for thinner parts of the carrots, cut them slightly longer). Place the carrot pieces on a non-stuck baking sheet or a baking sheet lined with foil.
3. Pour the maple miso butter over the carrots and stir the carrots until they are evenly coated. Spread the carrots out over the sheet so there is a little bit of space between each piece. This is critical to the caramelization of the maple miso butter.
4. Roast the carrots in the oven for 15 minutes, then stir. Make sure to spread them back out after stirring, then return them to the oven for an additional 15 minutes. If the carrots are nicely golden brown at that point they are finished. If not, stir one more time and roast for an additional 5-10 minutes to achieve browning.

[carrot](#), [miso](#), [maple syrup](#), [ginger](#), [soy sauce](#), [vegetarian](#)

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