

# ROASTED CARROTS WITH MUSTARD MISO DRESSING

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COOK TIME: 30mins

SERVES: 4

CALORIES: 386 kcal (PER SERVING)

## INGREDIENTS

### \*ROASTED CARROTS

500 g/1.1 pounds carrots

3 tbsp olive oil

2 tbsp maple syrup

1 tbsp lemon juice

1/2 tsp each: salt, black pepper, garlic powder

50 g/2 oz walnuts

1/2 tsp red pepper flakes, for serving

chopped parsley, for serving

### \*MUSTARD MISO DRESSING

3 tbsp olive oil

1 tsp each: salt black pepper, garlic powder

2 tbsp wholegrain mustard

2 tbsp white miso paste

1 tbsp maple syrup

1 tbsp lemon juice

3 tbsp water

## DIRECTIONS

Preheat the oven to 200 °C/400 °F.

Trim the carrots. If they are large, cut them in half lengthwise, otherwise, leave them whole.

Place on a rimmed baking sheet.

Combine olive oil, maple syrup, lemon juice, salt, black pepper and garlic powder in a small bowl. Drizzle over the carrots, toss to coat. Arrange the carrots in an even layer. Transfer to the oven. Roast for 15 minutes.

Meanwhile, chop the walnuts. Combine all of the ingredients for the mustard miso dressing in a bowl.

Flip the carrots, add the walnuts and roast until the carrots are tender and the edges are charred and crispy, about 10 to 15 minutes more.

Once the carrots are ready, drizzle with mustard miso dressing and transfer to a platter. Serve!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.