

Honey & Thyme Roast Carrots

These are an absolute favourite in our home and I never seem to make enough of them. They are a perfect side dish but I often have a big bowlful with rice or chickpeas and it's sooo good. I love the addition of thyme but they are just as delicious without. The main thing here is the cooking... long slow cooking for the carrots to cook through and bring out all their amazing natural sweetness.

INGREDIENTS

- 1kg carrots, peeled. (You can either use baby carrots and keep them whole or chop them)
 - 1 tbsp olive oil
 - 1 teaspoon fresh thyme leaves
 - 1/2 tsp salt,
 - 2 - 4 tbsp honey

You can adjust the quantities to suit your tastes and substitute the honey for maple syrup for vegan.

METHOD

- Preheat the oven to 180C.
- Put the carrots in an ovenproof dish in a single layer. Add the olive oil and salt and coat well
 - Cover with foil and cook for 1hr, mixing once or twice
 - Remove the foil, stir and cook for another 15 mins
- Add the honey and thyme, stir to coat and cook for a final 15 mins or till cooked through and edges are slightly caramelised

Note... you may need to adjust the cooking time, depending on the size of carrots you use.