

Foodnity Recipes

Easy Smashed Carrots – Crispy, Glazed & Oven-Roasted

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb carrots, peeled and trimmed
- [ ] 2 tbsp unsalted butter, melted
- [ ] 1 tbsp honey
- [ ] 1 tsp fresh thyme leaves (or ½ tsp dried)
- [ ] ½ tsp lemon juice
- [ ] Salt and freshly ground black pepper to taste

For the Glaze

- [ ] 1 tsp olive oil
- [ ] 1 tsp brown sugar (optional for extra caramel)
- [ ] A pinch of smoked paprika

Instructions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment.
2. Place each carrot on the sheet and gently press with the back of a spoon until it’s flattened but still holds together. maple carrots get a similar smash for extra flavor.
3. In a bowl, whisk melted butter, honey, olive oil, thyme, lemon juice, salt, pepper, and smoked paprika; drizzle over the smashed carrots, turning to coat.
4. Roast for 20-25 minutes, turning once halfway, until the edges are golden and the glaze is glossy.
5. Remove from the oven, let rest a minute, then sprinkle with a pinch of extra thyme or a dash of sea salt before serving.

Nutrition per serving

210 kcal	2 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- The honey creates a caramelized surface; if you prefer less sweetness, reduce to ½ tbsp.
- For a deeper flavor, add a splash of honey carrots glaze in the last five minutes.
- A quick toss after roasting ensures an even glossy coating.