

Foodnity Recipes

Perfect Roasted Asparagus and Carrots Recipe

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb asparagus, trimmed
- [ ] 1 lb carrots, peeled and cut into 1/2-inch sticks
- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 tsp sea salt
- [ ] 1/2 tsp freshly cracked black pepper
- [ ] 1 tsp lemon zest

Optional Enhancements

- [ ] 1 tbsp honey
- [ ] 1 tsp fresh thyme leaves

Instructions

1. Preheat your oven to 425°F (220°C) and place a baking sheet on the middle rack to warm up.
2. In a large bowl, toss the asparagus and carrot sticks with olive oil, sea salt, pepper, and honey if using, ensuring every piece is lightly coated.
3. Spread the vegetables in a single layer on the preheated sheet; roast for 10 minutes, then stir gently to promote even browning.
4. Continue roasting for another 8-10 minutes, until the carrots are tender-crisp and the asparagus is bright green with a hint of caramel.
5. Remove from the oven, sprinkle lemon zest and fresh thyme, then serve immediately.

Nutrition per serving

150 kcal	3 g	18 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra caramelisation, drizzle a tiny splash of maple syrup before the final five minutes – think of it like the technique in maple carrots.
- If you love a richer flavor, toss the finished vegetables with a pat of butter and a pinch of garlic powder.
- These roasted vegetables pair beautifully with baked salmon or a simple quinoa pilaf.