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Parmesan Garlic Roasted Carrots

## Introduction

If you're looking for a delicious side dish that combines the natural sweetness of carrots with the rich flavors of Parmesan and garlic, look no further than Parmesan Garlic Roasted Carrots. This easy-to-follow recipe not only elevates the humble carrot but also makes for a colorful addition to your dinner table. The roasting process brings out the carrots' sweetness while the savory Parmesan adds depth and flavor, making this dish a must-try.

## Detailed Ingredients with measures

Carrots - 1 pound, peeled and cut into sticks

Olive oil - 2 tablespoons

Garlic - 4 cloves, minced

Parmesan cheese - 1/2 cup, grated

Salt - to taste

Black pepper - to taste

Fresh parsley - for garnish, optional

## Prep Time

10 minutes

## Cook Time, Total Time, Yield

Cook Time - 25 minutes

Total Time - 35 minutes

Yield - 4 servings





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## Detailed Directions and Instructions

### **Preheat the Oven**

Preheat your oven to 425°F (220°C).

### **Prepare the Carrots**

Wash and peel the carrots. Cut them into evenly sized pieces, approximately 1 to 2 inches long to ensure even cooking.

### **Mix the Seasoning**

In a mixing bowl, combine olive oil, minced garlic, grated Parmesan cheese, salt, and pepper. Mix well until all ingredients are thoroughly combined.

### **Toss the Carrots**

Add the prepared carrots into the bowl with the seasoning mixture. Toss the carrots until they are evenly coated with the garlic and Parmesan mixture.

### **Arrange on Baking Sheet**

Spread the coated carrots out in a single layer on a baking sheet lined with parchment paper for easy cleanup.

### **Roast the Carrots**

Place the baking sheet in the preheated oven and roast the carrots for 20 to 25 minutes, or until they are tender and slightly caramelized. Flip the carrots halfway through for even cooking.

**Serve**

Once the carrots are done roasting, remove them from the oven and let them cool slightly. Serve warm as a delicious side dish.

**Notes****Carrot Size**

For best results, cut the carrots into uniform sizes to ensure even cooking.

**Cheese Variation**

Feel free to substitute the Parmesan cheese with other types of cheese, such as Pecorino Romano or a dairy-free alternative depending on dietary preferences.

**Storage**

Leftover roasted carrots can be stored in an airtight container in the refrigerator for up to 3 days. Reheat in the oven for best results.





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**Cook techniques**

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