

Honey Roasted Carrots (Air Fryer)

Prep: 5 minutes • Cook: 15-20 minutes

Tender carrots are air-fried and caramelized in a honey–garlic–butter glaze, yielding a sweet-savory, glossy finish in just 20 minutes. An easy, crowd-pleasing side with minimal cleanup.

Ingredients

- 1 lb carrots (peeled (optional), cut into 2–3 inch lengths; halve thicker pieces)
- 3 tablespoons honey
- 2 tablespoons butter (melted)
- 1 clove garlic (minced)
- 1/4 teaspoon fine sea salt (more to taste)
- 1/4 teaspoon black pepper
- to taste chives (chopped (garnish, optional))

Instructions

1. Chop 1 lb carrots into 2 to 3 inch (5 to 7.5 cm) lengths; halve thicker carrots lengthwise. Transfer to a large mixing bowl.
2. Stir together 3 tablespoons honey and 2 tablespoons melted butter. Drizzle over the carrots. Add 1 clove minced garlic, 1/4 teaspoon fine sea salt, and 1/4 teaspoon black pepper; toss well to coat.
3. Line the air fryer basket with parchment so it covers the bottom and about 2 inches (5 cm) up the sides. Arrange carrots in a single layer and pour any remaining honey-butter glaze into the basket.
4. Air fry at 400°F (204°C) without preheating for 15 to 20 minutes, stirring halfway, until the carrots are tender and golden brown.
5. Transfer carrots and any extra glaze to a serving platter. Season with more salt if needed and garnish with chopped chives, if using.

Tags: Air Fryer, Vegetarian, Gluten Free, Quick, Side Dish, Carrots
