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# Maple and Miso Glazed Roasted Carrots にんじんメープル味噌味

[Jump to Recipe](#)[45 minutes](#)[16 comments](#)[4.59 from 41 votes](#)Author: [Namiko Hirasawa Chen](#) · Published: Nov 18, 2020 · Updated: Feb 11, 2025

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*These Maple and Miso Glazed Roasted Carrots have a slightly sweet, caramelized flavor and are packed with umami! The salty-sweet glaze strikes a perfect balance, making it the tastiest vegetable side dish that everyone will love.*





When I roast vegetables, I usually prefer to keep them classic, but sometimes I can't resist adding a playful twist by infusing Japanese flavors, like in these **Maple and Miso Glaze Roasted Carrots!**

These humble carrots are roasted until tender on the inside, perfectly crispy on the outside, and wonderfully caramelized with a sweet-savory glaze. My family has enjoyed these carrots so much that they've been a staple on my holiday menu for years.



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## Why You'll Love These Roasted Carrots

- While maple syrup imparts subtle sweetness with a hint of caramel note, miso delivers a **deep savory oomph**, making them an irresistible combo on roasted carrots.
- **Easy and literally no fuss!**
- **The glaze is so versatile.** You can use it in other roasted veggies of your choice—try eggplants, zucchinis, butternut squashes, parsnips, Brussels sprouts, sweet potatoes, or a colorful mix of vegetables.
- **It makes an outstanding side** that fits just as well with a weeknight dinner as it does with a holiday feast.



## Ingredients You'll Need

- **Carrots** — I use rainbow carrots with their tops on for their rustic appearance and concentrated sweetness. The colorful rainbow hues make them an elegant yet eye-catching side dish.
- **Extra virgin olive oil** — Or any oil suitable for roasting veggies.
- **Salt & freshly ground black pepper**
- **Maple syrup** Use good quality maple syrup! You can substitute with honey or brown sugar.
- **Miso** — More on this later.
- **Soy sauce** — A tiny splash goes a long way.

[Jump to Recipe](#)

# How to Make Maple and Miso Glazed Roasted Carrots

- 1 **Preheat the oven** to 425°F (220°C).
- 2 **Mix together the maple syrup, miso, and soy sauce** in a small bowl.
- 3 **Peel the carrots** (cut into uniform size if they are large) and place them in a single layer on a rimmed baking sheet.
- 4 **Drizzle the carrots** with olive oil, salt, and pepper, then toss well to coat.
- 5 **Bake in the oven for 20–30 minutes**, rotating the baking sheet halfway through.
- 6 **Remove the carrots** from the oven when they are lightly browned and almost tender. **Brush them with the maple and miso mixture.**
- 7 **Put the carrots back in the oven to finish cooking**, about 5 more minutes. Remove from the oven, garnish with fresh thyme if desired, and serve warm.

## What Miso to Use and Why

If you're unfamiliar with miso, it's a fermented soybean paste essential in Japanese cooking, renowned as the key ingredient in miso soup. However, miso offers much more versatility. Japanese cuisine incorporates miso in a wide array of dishes, including soups, marinades, sauces, and glazes. You can read more about it in [this post](#).

There are numerous brands of miso paste available, but my personal favorite is Hikari Miso. For this roasted carrot recipe, I used [Enjuku Koji Miso Reduced Sodium](#) [↗](#).

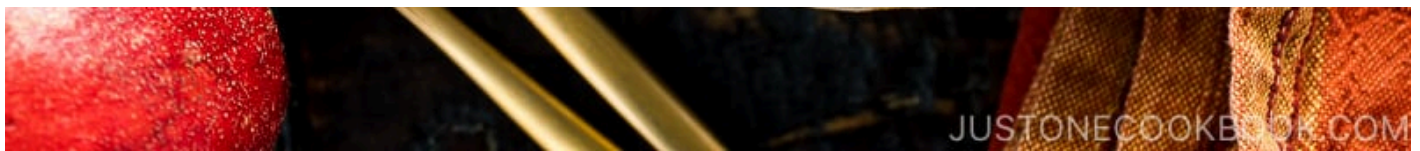


Enjuku Koji Miso has been a long-selling product from Hikari Miso for over 20 years, since its introduction in 1993. This preservative-free miso features a mild flavor and rich fragrance, complemented by natural sweetness and robust umami from koji. The Reduced Sodium version contains 25% less sodium than regular Enjuku Koji Miso.









Here are my tips for making the best-roasted carrots that are perfectly caramelized and deliver a WOW in the flavor department:

- 1 **Avoid pre-cut baby carrots** – Those baby ones that come in bags don't have as much flavor as whole carrots. Plus, they have fewer nutrients.
- 2 **Choose uniform sizes** – Since we're roasting the carrots whole, try to select carrots of similar sizes so they cook evenly at the same time.
- 3 **Short on time?** Shorten the roasting time by cutting the carrots into smaller pieces; they will cook faster.
- 4 **Coat thoroughly with oil** – Use your hands to coat the carrots with oil thoroughly.
- 5 **Arrange on a middle or higher rack** – For more char, use the top rack in the upper third of the oven. Also, the back of the oven is hotter, so place the thicker ends of carrots toward the back.
- 6 **Use a convection oven** – If you have one, do use it. I'd convection bake at 400 °F, but the cooking time will be shorter with hot air circulating.
- 7 **Adjust roasting time** – Cooking times may vary based on carrot thickness. I prefer roasting just long enough to get caramelized edges without sacrificing their toothsome nature. If you prefer carrots to be meltingly tender, roast them for 3-4 minutes longer.
- 8 **Miso burns quickly** – Brush the carrots with glaze only during the last 5 minutes of roasting as miso can burn quickly.
- 9 **Maintain oven heat** – When glazing, quickly remove the baking dish instead of leaving the oven door open to prevent heat loss.
- 10 **Garnish with herbs** – While not necessary, if you have fresh herbs used in other holiday dishes, garnish some on top.



## The Perfect Holiday Side Dish

Make your holiday lineup extra colorful and nutritious with this roasted carrot recipe! These carrots pair well with a variety of simple mains. In addition to the traditional turkey, ham, and roast chicken, here are some other delicious pairings I'd like to suggest:

- [Instant Pot Sticky Asian Ribs](#)
- [Smoked Miso Butter Turkey Breast on Traeger](#)
- [Salmon Potato Gratin](#)
- [Kabocha Gratin](#)
- [Miso Cod](#)
- [Honey Garlic Pork Chops](#)



Leftovers? Enjoy them atop a salad the next day!



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# Maple and Miso Glazed Roasted Carrots

★★★★★

4.59 from 41 votes

These Maple and Miso Glazed Roasted Carrots have a slightly sweet, caramelized flavor and are packed with umami! The salty and sweet glaze strikes a perfect balance for the tastiest vegetable side dish that everyone will love.

PRINT

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PREP TIME:	COOK TIME:	TOTAL TIME:
10 mins	35 mins	45 mins

SERVINGS: 4

Tap or hover to scale the recipe!

INGREDIENTS

US CustomaryMetric

1x2x3x

- ☐ 1 lb **carrots** (I used rainbow carrots)
- ☐ 1 Tbsp **extra virgin olive oil**
- ☐ ¼ tsp **Diamond Crystal kosher salt**
- ☐ **freshly ground black pepper**

## For the Maple and Miso Glaze

- ☐ 1 Tbsp **maple syrup**
- ☐ 1 Tbsp **miso** (I used reduced-salt Enjuku Koji Miso)
- ☐ ½ tsp **soy sauce**

## For the Garnish

- ☐ **fresh thyme** (optional)

**Japanese Ingredient Substitution:** If you want substitutes for Japanese condiments and ingredients, click [here](#).



**Cook Mode** Prevent your screen from going dark

## INSTRUCTIONS



- 1** Arrange a rack in the middle position of the oven and preheat the oven to 425°F (220°C). Gather all the ingredients. If your carrots still have some moisture after washing, be sure to pat them as dry as possible; the drier the vegetable, the better it will roast.



- 2** In a small bowl, mix together **1 Tbsp maple syrup**, **1 Tbsp miso**, and **½ tsp soy sauce**.



- 3** Peel **1 lb carrots** (and if they are large, cut them into uniform slices so that they will roast evenly and finish cooking at the same time). Place the carrots in a single layer on a rimmed baking sheet lined with parchment paper for easy clean-up. If the carrots are arranged too closely together or are on top of one another, they will steam, making them mushy rather than caramelized. In that case, use two baking sheets or a bigger baking sheet.



- 4** Drizzle the carrots with **1 Tbsp extra virgin olive oil** and sprinkle with **¼ tsp Diamond Crystal kosher salt** and **freshly ground black pepper**. You want each carrot to have a light coating of oil (the oil keeps some moisture in for that interior tenderness). A good rule of thumb is about 2 Tbsp of oil per full-sized baking sheet (I'm using a half sheet).





**5** Toss or roll the carrots in the oil and seasonings.



**6** Place in the oven and bake for 20–30 minutes, rotating the baking sheet halfway through to ensure that the carrots are getting equal exposure to the heat and have an equal chance at getting crispy and caramelized. **The roasting time may vary depending on the size of the carrots (young thin carrots require less cooking time).** When the carrots are lightly browned and ***almost* tender** when pierced with a wooden skewer, remove the baking sheet from the oven. Why *almost* tender? We still need to roast for 5 more minutes after brushing with the sauce.



- 7** Brush the maple and miso mixture on one side of the carrots. Then, flip over the carrots and coat the other side. Put the carrots back in the oven to finish cooking, about 5 more minutes. The vegetables will start to brown on the bottom first (the side in contact with a hot surface will brown faster), so you'll need to flip over the carrots for even browning.



- 8** Remove from the oven. Garnish with **fresh thyme** if desired and serve warm.



## To Store

- 1** Leftovers can be refrigerated in an airtight container for up to 3–4 days. They do not freeze well.

## NOTES

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## NUTRITION

**Calories:** 100 kcal · **Carbohydrates:** 15 g · **Protein:** 2 g · **Fat:** 4 g ·  
**Saturated Fat:** 1 g · **Sodium:** 349 mg · **Potassium:** 385 mg · **Fiber:** 3 g ·  
**Sugar:** 9 g · **Vitamin A:** 18948 IU · **Vitamin C:** 7 mg · **Calcium:** 45 mg ·  
**Iron:** 1 mg

**Author:** Namiko Hirasawa Chen   **Course:** Side Dish   **Cuisine:** American   **Keyword:** carrot, miso

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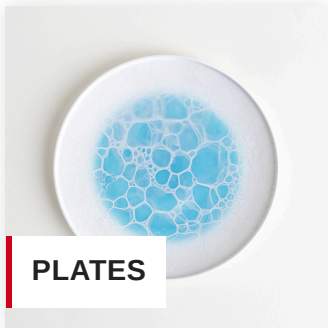
## About Namiko Hirasawa Chen

I'm Nami, the recipe developer and founder of Just One Cookbook. I was born and raised in Yokohama, Japan, and now live in San Francisco with my family. Here, you will find easy and authentic Japanese recipes you'll love and enjoy!

[LEARN MORE](#)

## Introducing JOC Goods

JOC Goods, our new online shop, offering Japanese tableware and kitchenware, is now open. It is a natural extension of Just One Cookbook's mission to teach home cooks how to prepare and enjoy delicious Japanese meals. We believe that beautifully plated food can bring joy and happiness to people's lives.

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**16 COMMENTS**



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**Rrrr**

🕒 5 months ago

Hi, thanks for the awesome recipe! I'm considering cooking in advance for a potluck, but the venue does not have an oven for reheating. I wonder if it will be good to serve it cold, or if it is possible to reheat it in microwave? Thanks! 😊



0



Reply

**Naomi (JOC Community Manager)**

Admin

🗨️ Reply to [Rrrr](#) 🕒 5 months ago

Hi there! Thank you for trying Nami's recipe.

Yes. You may use the microwave to reheat the dish if you prefer. Hope everyone enjoys this dish at your potluck! Happy Cooking!



1



Reply

**Eden**

🕒 3 years ago

These were fantastic! I'm trying to eat healthier and carrots have always been a difficult food for me, but I ate about three of these at once, no problem. I even overcooked them a bit because of a dog emergency but they're still delicious. Thanks for the recipe.



0



Reply

**Naomi (JOC Community Manager)**

Admin

🗨️ Reply to [Eden](#) 🕒 3 years ago

Hi Eden! We are so happy to hear you enjoyed Carrots!

Thank you very much for trying Nami's recipe and sharing your experience with us!



0



Reply

**Ni J**

🕒 3 years ago

Do you think I can substitute maple with honey or transparent syrup? Thank you!



0



Reply

**Naomi (JOC Community Manager)**

Admin

Reply to [Ni J](#) 3 years ago

Hi Ni J, Thank you very much for trying Nami's recipe!

Yes, you can substitute with honey. Another option will be brown sugar. We hope this helps!



0



Reply

**Cin**

4 years ago

I love all of your sauces. And this maple miso glaze is so delicious, I used leftover sauce as a dip for blanched broccolinis, and it was so amazing. This will easily become a dip in my kid's lunchbox soon!



0



Reply

**Naomi (JOC Community Manager)**

Admin

Reply to [Cin](#) 4 years ago

Hi Cin, Aww... We are so happy to hear you love all of Nami's sauces! Thank you very much for trying this recipe and for your kind feedback. 🍻



0



Reply

**Tess**

4 years ago

My parents went nuts over this one! We served them with grilled shrimp & all of the Thanksgiving trimmings. They said I can come over any time to make them again! Almost two weeks later, & they're still raving!



0



Reply

**Naomi (JOC Community Manager)**

Admin

Reply to [Tess](#) 4 years ago

Hi Tess,

Thank you very much for trying this recipe and for sharing your story with us.

We are so happy to hear you and your family enjoyed it very much! 😊



 0  Reply**Marie** 4 years ago

Thanks to recipes like this, JOC has become my to-go site (can't find a cookbook better than JOC). I'm new to Japanese cooking and this fantastic site is perfect for me.

My family loved this recipe and it was a great accompaniment to chicken domburi.

★★★★★

 0  Reply**Naomi (JOC Community Manager)** Admin Reply to [Marie](#)  4 years ago

Hi Marie!

Awwwww..... You have no idea how much your kind words meant to us!

Thank you very much for your kind feedback!!! We are so happy to be your to-go site.

Thank you for trying many of JOC's recipes! 😊

 0  Reply**Michael Gostigian** 4 years ago

OUTSTANDING CONTENT!

JOC offers valuable, detailed explanations to the world of Japanese cuisine and foods. Wonderfully aesthetic website and content.

★★★★★

 0  Reply**Naomi (JOC Community Manager)** Admin Reply to [Michael Gostigian](#)  4 years ago

Hi Michael!

Aww.... You have no idea how much your kind words meant to us!

Thank you very much for your feedback. 😊

 0  Reply**mjskitchen** 4 years ago

You do know that you have gotten me hooked on miso, don't you? I can't wait to try it with these roasted carrots, one of my favorite sides. Thanks Nami!

★★★★★

👍 0

➡ Reply

**Naomi (JOC Community Manager)**

Admin

💬 Reply to [mjskitchen](#) ⌚ 4 years ago

Hi mjskitchen!

Thank you very much for your kind feedback!

We hope you enjoy this miso flavor too! 😊

👍 0

➡ Reply

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