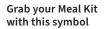


# Roasted Baby Carrots & Balsamic Glaze

with Thyme & Pepitas









rots





Pepitas

Balsamic Glaze



Pantry items
Olive Oil



## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Oven tray lined with baking paper

## Ingredients

	2 People
olive oil*	refer to method
baby carrots	1 bunch
thyme	1 bag
pepitas	1 medium packet
balsamic glaze	drizzle

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>521kJ</b> (125Cal)	<b>521kJ</b> (125Cal)
Protein (g)	3.8g	3.8g
Fat, total (g)	5.8g	5.8g
- saturated (g)	1.1g	1.1g
Carbohydrate (g)	12.6g	12.6g
- sugars (g)	10.4g	12.6g
Sodium (mg)	39mg	39mg

The quantities provided above are averages only.

#### **Allergens**

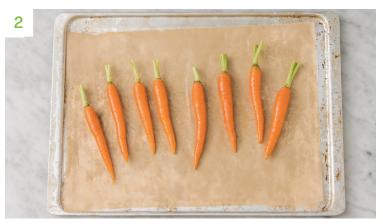
Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Prepare the carrots

Preheat the oven to 220°C/200°C fan-forced. Trim the green tops from the baby carrots and scrub them clean (halve any thick carrots lengthways).



#### Roast the carrots

Place the **carrots** on a lined oven tray and drizzle with **olive oil**. Season with **salt** and **pepper** and toss to coat. Arrange in a single layer and roast until tender, **25-30 minutes**.



# Add the thyme & pepitas

While the carrots are roasting, pick the **thyme** leaves. When the carrots are tender, remove the tray from the oven and add the **thyme** and **pepitas** and toss to coat. Bake until the pepitas are toasted, about **5 minutes**.

TIP: Hold each thyme sprig at the top, then gently run your fingers down to remove the leaves. If the sprigs are very soft, you can just chop them instead.



#### Serve up

Transfer the roasted baby carrots to a serving dish and sprinkle with the thyme and pepitas. Drizzle with some **balsamic glaze** to serve.

## Enjoy!