



# Roasted Baby Carrots & Balsamic Glaze

with Thyme & Pepitas

Grab your Meal Kit  
with this symbol



Baby Carrots






Thyme



Pepitas



Balsamic Glaze

 Hands-on: **5 mins**  
 Ready in: **30 mins**  
 **Naturally Gluten-Free**  
*Not suitable for coeliacs*

Indulge your inner Bugs Bunny with the tastiest carrots in town! Simply roast sweet baby carrots with fragrant thyme leaves and crunchy pepitas, then drizzle with 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

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	521kJ (125Cal)	521kJ (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](https://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).



## 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.



## 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**.



## 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!