



# Roasted Dutch Carrots & Balsamic Glaze

with Rosemary & Pepitas

Grab your Meal Kit with this symbol



Dutch Carrots



Rosemary



Pepitas



Balsamic Glaze



Prep in: **5 mins**  
Ready in: **30 mins**

Indulge your inner Bugs Bunny with the tastiest carrots in town! Simply roast sweet carrots with fragrant rosemary 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
Dutch carrots	1 bag
rosemary	1 stick
pepitas	1 medium packet
balsamic glaze	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	511kJ (122Cal)	524kJ (125Cal)
Protein (g)	3.7g	3.8g
Fat, total (g)	5.9g	6.1g
- saturated (g)	1.1g	1.1g
Carbohydrate (g)	13.2g	13.5g
- sugars (g)	10.7g	11g
Sodium (mg)	38mg	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.

## We're here to help!

Scan here if you have any questions or concerns

2023 | CW08



## Prep the carrots

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



## Add the rosemary & pepitas

- While the carrots are roasting, pick **rosemary** leaves then finely chop. When the carrots are tender, remove tray from oven and add **rosemary** and **pepitas**. Toss to coat.
- Bake until pepitas are toasted, a further **5 minutes**.

**TIP:** Run your fingers down the rosemary stalk to remove the leaves easily!



## Roast the carrots

- Place carrots on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.



## Serve up

- Transfer roasted Dutch carrots to a serving dish and sprinkle with rosemary and pepitas. Drizzle with some **balsamic glaze** to serve. Enjoy!

## Rate your recipe

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