



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

SCY



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
<i>olive oil*</i>	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://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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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).



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**.



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**.



Serve up

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

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