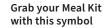


Balsamic Glazed Baby Rainbow Carrots with Thyme & Pumpkin Seeds













Pumpkin Seeds (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 rainbow carrots	1 bunch
thyme	1 bunch
pumpkin seeds (pepitas)	1 packet
balsamic glaze	drizzle

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	607kJ (145Cal)	506kJ (121Cal)
Protein (g)	5.1g	4.2g
Fat, total (g)	6.7g	5.6g
- saturated (g)	1.2g	1.0g
Carbohydrate (g)	16.0g	13.4g
- sugars (g)	13.3g	11.1g
Sodium (mg)	48mg	40mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient,

please be aware allergens may have changed.



Prep the carrots

Preheat the oven to 220°C/200°C fan-forced. Trim the green tops from the baby rainbow carrots, then scrub the carrots clean.



Roast the carrots

Place the carrots on an oven tray lined with baking paper and drizzle with olive oil. Season with salt and pepper and toss to coat. Arrange in a single layer and roast for 20-25 minutes.



Add the thyme & pumpkin seeds

While the carrots are roasting, pick the **thyme** leaves. When the **carrots** have **5 minutes** cook time remaining, remove the tray from the oven, then add the thyme and pumpkin seeds. Toss to coat. Roast until the carrots are tender and the pumpkin seeds are toasted.



Serve up

Transfer the roasted baby rainbow carrots with the thyme and pumpkin seeds to a serving plate. Drizzle with the **balsamic glaze**.

Enjoy!