



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: 35 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 bunch
pepitas	1 packet
balsamic glaze	drizzle

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	516kJ (123Cal)	516kJ (123Cal)
Protein (g)	4.5g	4.5g
Fat, total (g)	6.2g	6.2g
- saturated (g)	1.1g	1.1g
Carbohydrate (g)	11.8g	11.8g
- sugars (g)	10.4g	10.4g
Sodium (mg)	38mg	38mg

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).



Add the thyme & pepitas

While the carrots are in the oven, 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 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 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 the **balsamic glaze** to serve.

Enjoy!