



Balsamic Glazed Baby Rainbow Carrots

with Thyme & Pumpkin Seeds

Grab your Meal Kit with this symbol



Baby Rainbow Carrots



Thyme



Pumpkin Seeds (Pepitas)



Balsamic Glaze

Hands-on: 5 mins
Ready in: 25 mins

Indulge your inner Bugs Bunny with the tastiest carrots in town! Simply roast sweet baby rainbow carrots with fragrant thyme leaves and crunchy pumpkin seeds, 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 rainbow carrots | 1 bunch |
| thyme | 1 bunch |
| pumpkin seeds (pepitas) | 1 packet |
| balsamic glaze | drizzle |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|----------------|----------------|
| Energy (kJ) | 544kJ (130Cal) | 453kJ (108Cal) |
| Protein (g) | 4.4g | 3.7g |
| Fat, total (g) | 6.2g | 5.2g |
| - saturated (g) | 1.1g | 0.9g |
| Carbohydrate (g) | 12.4g | 10.3g |
| - sugars (g) | 11.4g | 9.5g |
| Sodium (mg) | 56mg | 47mg |

The quantities provided above are averages only.

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.



1 Prep the carrots

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



3 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 **pumpkin seeds** and toss to coat. Bake until the pumpkin seeds are toasted, about **5 minutes**.



2 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**.



4 Serve up

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

Enjoy!