



# Roasted Baby Rainbow Carrots

with Balsamic Glaze & 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, then sprinkle with crunchy pumpkin seeds and 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 bag
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](https://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 them clean.



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



## 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 for **25-30 minutes**.



## Serve up

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

Enjoy!