



Thyme Roasted Parsnip & Baby Rainbow Carrots

with Honey Garlic Glaze

Grab your Meal Kit with this symbol



Parsnip



Baby Rainbow Carrots



Garlic



Thyme



Parsley



Flaked Almonds

Hands-on: 15 mins
Ready in: 30 mins

Get a good whiff of the herby aroma rising from this hearty side. The honey-garlic glaze reveals the delicate flavours hiding in the thyme and colourful roasted veggies while the toasted almonds never fail to add a satisfying crunch.

Pantry items

Olive Oil, Butter, Honey, Balsamic Vinegar

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 · Large frying pan

Ingredients

	2 People
olive oil*	refer to method
parsnip	2
baby rainbow carrots	1 bunch
garlic	2 cloves
thyme	1 bunch
parsley	1 bunch
flaked almonds	1 packet
butter*	20g
honey*	2 tsp
balsamic vinegar*	½ tsp

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	1139kJ (272Cal)	416kJ (99Cal)
Protein (g)	4g	1.5g
Fat, total (g)	17.7g	6.5g
- saturated (g)	6.4g	2.3g
Carbohydrate (g)	24.3g	8.9g
- sugars (g)	18.2g	6.6g
Sodium (mg)	126mg	46mg

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **parsnip** (unpeeled) lengthways into quarters. Trim the green tops from the **baby rainbow carrots** and scrub them clean. Place the **parsnip** and **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**.

TIP: Cut the veggies to size so they cook in time.



Make the glaze

When the veggies have **5 minutes** cook time remaining, return the frying pan to a medium-high heat with a drizzle of **olive oil** and the **butter**. Cook the **garlic** and **thyme** until fragrant, **1-2 minutes**. Remove from the heat, then stir through the **honey** and **balsamic vinegar**. Season with **salt** and **pepper**.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Pick the **thyme** leaves. Roughly chop the **parsley** leaves. Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl.



Serve up

Transfer the veggies to a serving platter. Pour the honey-garlic glaze over the veggies and garnish with the parsley and toasted almonds.

Enjoy!