



# Sticky Roasted Parsnips and Carrots

with Honey, Orange and Almonds

3A

Special Sides 30 Minutes • 1 of your 5 a day



Mixed Chantenay Carrots



Parsnip



Orange



Honey



Wholegrain Mustard



Flaked Almonds



Flat Leaf Parsley

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray and Bowl.

## Ingredients

	Quantity
Mixed Chantenay Carrots**	225g
Parsnip**	2
Orange**	1
Honey	1 sachet
Wholegrain Mustard <b>9)</b>	17g
Flaked Almonds <b>2)</b>	15g
Flat Leaf Parsley**	1 bunch

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	304g	100g
Energy (kJ/kcal)	752 /180	247 /59
Fat (g)	7	2
Sat. Fat (g)	1	1
Carbohydrate (g)	26	8
Sugars (g)	17	6
Protein (g)	5	2
Salt (g)	0.41	0.13

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 9) Mustard

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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 You can recycle me!



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2



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## Get Prepped

**a)** Preheat your oven to 200°C. Trim the **carrots** and halve lengthways.

**b)** Trim the **parsnips** (no need to peel), then halve lengthways and chop into roughly 1cm wide, 5cm long batons.

**c)** Pop the **carrots** and **parsnips** on a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss together and spread out in a single layer.

**d)** Roast on the top shelf of your oven until starting to soften, 20-25 mins.

## Make the Sauce

**a)** Meanwhile, halve the **orange** and squeeze the **juice** into a small bowl.

**b)** Add the **honey** and **wholegrain mustard** and mix together. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min.

**c)** Once the **carrots** and **parsnips** have been in the oven for 15 mins, remove and pour over the **orange sauce**. Stir together, then sprinkle over the **almonds**.

**d)** Pop back in your oven to roast until the **veg** is tender and sticky and the **almonds** are toasted, 10 mins.

## Finish and Serve

**a)** Meanwhile, finely chop the **parsley** (stalks and all).

**b)** Once the **carrots** and **parsnips** are cooked, sprinkle over the **parsley** and stir through.

**c)** Transfer to a serving dish and serve.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.