



# Sticky Roasted Parsnips and Carrots

with Honey, Orange and Almonds | Perfect for sharing

2A

Special Sides 25-30 Minutes • 3 of your 5 a day • Veggie



Chantenay Carrots



Parsnip



Orange



Honey



Wholegrain Mustard



Flat Leaf Parsley



Toasted Flaked Almonds

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Baking tray and bowl.

## Ingredients

Ingredients	Quantity
Chantenay Carrots**	225g
Parsnip**	2
Orange**	1
Honey	15g
Wholegrain Mustard 9)	17g
Flat Leaf Parsley**	1 bunch
Toasted Flaked Almonds 2)	15g

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	771 / 184	267 / 64
Fat (g)	6.4	2.2
Sat. Fat (g)	0.6	0.2
Carbohydrate (g)	28.4	9.8
Sugars (g)	23.5	8.1
Protein (g)	4.9	1.7
Salt (g)	0.35	0.12

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 2) Nuts 9) Mustard

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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1



2



3



## Get Prepped

**a)** Preheat your oven to 220°C/200°C fan/gas mark 7. Trim the **carrots** and halve lengthways.

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

**c)** Pop the **carrots** and **parsnips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

**d)** When the oven is hot, roast on the top shelf until tender, 20-25 mins.

## Make the Sticky Glaze

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

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

**c)** Once the **carrots** and **parsnips** have roasted for 15 mins, remove the tray and pour the **sticky glaze**. Stir together to coat.

**d)** Return to the oven to roast for the remaining time until tender, 5-10 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 **almonds**. Stir to combine.

**c)** Transfer to a serving dish for sharing.

Enjoy!