



Balsamic Glazed Oven Roasted Veg

with pesto yoghurt drizzle and garlic mash

Veggie 40-45 mins

7



Potatoes



Shallot



Parsnip



Baby Carrots



Middle Eastern Style Spice Mix



Honey



Balsamic Glaze



Green Pesto



Yoghurt



Garlic



Scallion



Chickpeas

Pantry Items: Salt, Pepper, Oil, Water, Butter, Milk (Optional)



Rate your recipe!

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Baking sheet with baking paper, colander, pot with lid, potato masher, aluminium foil

Ingredients

	2P	4P
Potatoes	3 units	6 units
Shallot	1 unit	2 units
Parsnip	1 unit	2 units
Baby Carrots	150 g	300 g
Middle Eastern Style Spice Mix	2 sachets	4 sachets
Honey	1 sachet	2 sachets
Balsamic Glaze	2 sachets	4 sachets
Green Pesto	1 sachet	2 sachets
Yoghurt	75 g	150 g
Garlic	2 units	4 units
Scallion	1 unit	2 units
Chickpeas	1 pack	2 packs

Nutrition

	Per serving	Per 100g
for uncooked ingredients	770 g	100 g
Energy (kJ/kcal)	3472.7 kJ/ 830 kcal	451 kJ/ 107.8 kcal
Fat (g)	25 g	3.2 g
Sat. Fat (g)	4.4 g	0.6 g
Carbohydrate (g)	117.8 g	15.3 g
Sugars (g)	27.4 g	3.6 g
Protein (g)	22.2 g	2.9 g
Salt (g)	4 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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Make the Mash

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Boil a large pot of **salted water** for the **potatoes**.
- Chop the **potatoes** into 2cm chunks (peeling optional).
- Cook the **potatoes** in the boiling water until fork tender, 12-18 mins. Once cooked, drain in a colander and return to the pot, off the heat.
- Add a knob of **butter** and a splash of **milk** or **water**. Mash until smooth. Season with **salt** and **pepper**. Cover to keep warm.



Get Prepped

- Meanwhile, trim the **parsnip** then halve lengthways (peeling optional). Chop into roughly 1cm wide, 5cm long batons.
- Peel and quarter the **shallot**.
- Trim and thinly slice the **scallion**.
- Drain and rinse the **chickpeas**.
- Mix the **pesto** and **yoghurt** together in a small bowl.



Roast the Veg

- Pop the **carrots**, **parsnip** and **shallot** onto a large (lined) baking tray.
- Toss with **half** the **Middle Eastern spice**, **salt**, **pepper** and a drizzle of **oil**.
- Spread out in a single layer.
- When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through.



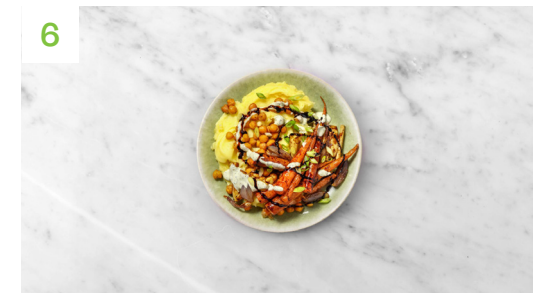
Cook the Chickpeas

- Pop the **chickpeas** onto another lined baking tray.
- Toss with a drizzle of **oil**, remaining **Middle Eastern spice** and ¼ tsp **salt** (double for 4p).
- Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose.
- Roast the **garlic** and **chickpeas** in the oven until **chickpeas** are crispy, 20-25 mins.



Finishing Touches

- Once cooked, toss the veg with the **honey**, **half** the **balsamic glaze** and a knob of **butter**.
- Once the **garlic** has cooled, cut the end with scissors, squeeze it out of its skin and mash with a fork.
- Stir the **garlic** into the mashed **potato**.



Dish Up

- Divide the **garlic** mash between the centre of each plate.
- Top with the roasted **chickpeas**. Drizzle over the pesto **yoghurt**.
- Arrange the **balsamic** roasted veg on top.
- Scatter over sliced **scallion**.
- Finish with a drizzle of the remaining **balsamic glaze**.

Enjoy!