

# Honey Garlic and Chilli Roasted Veggies

**EASY • 45 MINS - 1 HOUR** 

Forget the roast potatoes. Add a plate of these honey, garlic and chilli roasted veggies to the table for a partyready side dish that'll be devoured even faster than the main course!

Recipe by @CookRepublic in partnership with Capilano Honey



**SKILL LEVEL**Easy

PREP TIME 15 mins COOKING TIME 30-45 mins **SERVINGS** 

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!



# Ingredients

- 250g carrots, peeled and halved lengthways
- 250g parsnip peeled and halved lengthways
- 2 red onions, peeled and quartered
- 1 medium cauliflower, florets only
- 2 tbsp extra virgin olive oil
- 1 tbsp Capilano Active Manuka Honey MGO 300+
- ½ tsp dried chilli flakes
- 4 garlic cloves, peeled and finely chopped
- Salt & pepper, to taste

Used in this recipe



## **Active Manuka Honey**

Nature's Sweet Superfood

Made by some of the world's healthiest bees\*, Capilano Active Manuka honey is naturally rich in Methylglyoxal (MGO). The higher the MGO, the more potent the honey's activity.

Delicious Taste

Australia produces some of the most potent, best tasting Manuka honey in the world due to our warm climate and diverse number of Leptospermum (Manuka) varieties. Capilano's premium, bioactive Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the bioactive goodness of Capilano Active Manuka honey into your daily cup of tea, coffee, smoothies, yoghurt or cereal, or simply enjoy by the spoonful.

\*Vella, G. 2016. Issue 215. CSIRO.

# Method

- 1. Preheat the oven to  $180^{\circ}$ C (fan-forced). Line a baking tray with baking paper.
- 2. In a small bowl combine olive oil, Capilano Active Manuka Honey, chilli, garlic, salt & pepper. Mix well.
- 3. Add vegetables to prepared baking tray. Drizzle over  $\frac{1}{2}$  honey oil mixture and toss to combine.
- 4. Roast for 30-45 minutes until vegetables are golden & tender. To serve, drizzle with remaining honey oil mixture and finish with leafy greens to serve.

Visit capilanohoney.com.au to learn how to swap honey for sugar in your recipes.

Share your creations with us! Simply tag #honeylovers & @capilanohoney on Instagram or Facebook and you could be featured on our page!