

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 LEVELEasy

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.

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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 Manuka Honey
- ½ tsp dried chilli flakes
- 4 garlic cloves, peeled and finely chopped
- Salt & pepper, to taste

Used in this recipe



Floral Manuka Honey

Distinctly herbaceous, caramel and smooth, Capilano Floral Manuka Honey is made by Aussie bees that have foraged the native *Leptospermum* (Manuka) flowers. It is as delightful at breakfast as it is squeezed into coffee, baking, marinades and dressings.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you
need less in your baking, drinks and savoury
recipes. Learn more about how to swap
Capilano for sugar in your recipes here.

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.

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