



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 party-ready 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
4

Visit [capilanohoney.com.au](https://www.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 Manuka Honey](#)
- ½ tsp dried chilli flakes
- 4 garlic cloves, peeled and finely chopped
- Salt & pepper, to taste

Method

1. Preheat the oven to 180°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 ½ 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.

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](#).

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