



Balsamic Glazed Oven Roasted Veg with tahini drizzle and creamy mash

40 – 45 mins • Veggie

7



Potatoes



Shallot



Parsnip



Baby Carrots



Middle Eastern
Style Spice Mix



Honey



Balsamic Glaze



Yoghurt



Scallion



Chickpeas



Lemon



Tahini

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

Ingredients

	2P	4P
Potatoes	600 g	1200 g
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
Yoghurt	75 g	150 g
Scallion	1 unit	2 units
Chickpeas	1 pack	2 packs
Lemon	1 unit	2 units
Tahini	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	803.1 g	100 g
Energy (kJ/kcal)	3037.6 kJ/ 726 kcal	378.2 kJ/ 90.4 kcal
Fat (g)	15.1 g	1.9 g
Sat. Fat (g)	3.5 g	0.4 g
Carbohydrate (g)	116.2 g	14.5 g
Sugars (g)	27.8 g	3.5 g
Protein (g)	23.9 g	3 g
Salt (g)	2.5 g	0.3 g

Nutrition for uncooked ingredients based on 2 person recipe.

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.



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** (per 2P).
- Roast the **chickpeas** in the oven until **chickpeas** are golden, 20-25 mins.



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 **yoghurt**, **tahini**, the juice of **half a lemon** (per 2P), **salt**, **pepper** and a drizzle of **oil** together in a small bowl.



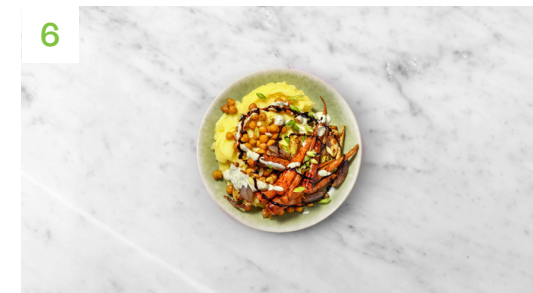
Finishing Touches

- Once the veg is cooked, toss with the **honey**, **half the balsamic glaze** and a knob of **butter**.



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 the tray halfway through.



Dish Up

- Divide the mash between plates.
- Top with the roasted **chickpeas**. Drizzle over the lemony **tahini**.
- Arrange the balsamic roasted veg on top.
- Scatter over sliced **scallion**.
- Finish with a drizzle of the remaining **balsamic glaze**.

Enjoy!