



Honey Garlic and Chili 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 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 Authentic Manuka Honey MGO 100+**
- 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 Authentic 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



Authentic Manuka Honey

Nature's Sweet Superfood

Made by some of the world's healthiest bees*, Capilano 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, Manuka honey has a rich, smooth, caramel taste.

Boost your Daily Health Routine

Squeeze the goodness of Capilano Raw and Unpasteurized Manuka honey into your daily cup of tea, coffee, smoothies, yogurt or cereal, or simply enjoy by the spoonful.

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

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