



Honey Roasted Root Veg and Walnut Tray Bake

Side Dish | with Tarragon, Rocket and Honey-Ranch Dressing

Veggie

Preparation time : 35 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-GB/recipes/honey-roasted-root-veg-and-walnut-tray-bake-160>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Baking Tray, Bowl

Ingredients for 1-6 people

Ingredient	2p	3p	4p
Carrot (unit(s))	3	3	3
Parsnip (unit(s))	3	3	3
Tarragon (bunch(es))	1	1	1
Ranch Dressing (grams)	30	30	30
Honey (grams)	30	30	30
Walnuts (grams)	40	40	40
Wild Rocket (grams)	40	40	40
Olive Oil (tbsp)	1	1	1
Add yourself			

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kJ)	2322 kJ
Energy (kcal)	555 kcal
Fat	27.6 g
of which saturates	3.4 g
Carbohydrate	66.3 g
of which sugars	43.5 g
Dietary Fibre	23.1 g
Protein	10.6 g
Salt	0.59 g

Allergens

Egg, Mustard, Milk, Pecan Nuts, May contain traces of allergens, Pistachio nuts, Macadamia Nuts, Hazelnuts, Brazil nuts, Almonds, Cashew nuts, Walnuts, Nuts

Always check the product labels for allergen information.



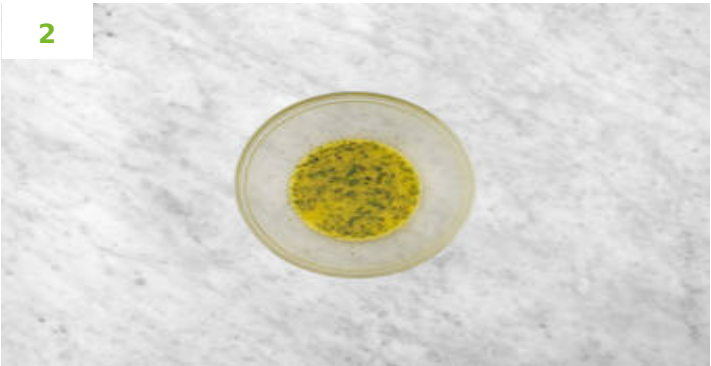
Roast the Root Veg

- a) Preheat your oven to 220°C/200°C fan/gas mark 7.
- b) Trim the carrots and parsnips, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.
- c) Pick the tarragon leaves from their stalks and roughly chop (discard the stalks).
- d) Pop the carrots, parsnips and half the tarragon onto a large baking tray. Drizzle with oil and season with salt and pepper. Toss to coat, then spread out in a single layer.
- e) When the oven is hot, roast on the top shelf until tender, 20-25 mins. Turn halfway through.



The Finishing Touches

- a) When you're ready to serve, add the rocket and the roasted carrots, parsnips and walnuts to the bowl of honey-ranch dressing.
 - b) Toss to coat everything in the dressing, then transfer to your serving bowl to finish.
- Enjoy!



Prep the Dressing

- a) Meanwhile, combine in a large bowl the ranch dressing, remaining tarragon and half the honey with the olive oil (see pantry for amount). Season with salt and pepper, then set aside for now. TIP: If your honey has hardened, put the sachet in a bowl of hot water for 1 min to loosen.
- c) When the veg has 5 mins left, remove the tray from the oven. Drizzle over the remaining honey, then sprinkle over the walnuts. Return to the oven for the remaining 5 mins.

Enjoy your meal!