

Honey glazed root vegetables

Cuisine: **English**

Food category: **Vegetables**



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Program steps

1	Steaming		Termination by time	00:15 hh:mm	99 °C	50 %	
2	Hot air	100 %	Termination by time	00:12 hh:mm	190 °C	100 %	

Ingredients - number of portions - 1

Name	Value	Unit
Chantenay Carrots	200	g
parsnips	200	g
honey	50	g

Nutrition and allergens

Allergens:

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	486 kJ
Carbohydrate	78 g
Fat	1.5 g
Protein	3.4 g
Water	8.5 g

Directions

- 1) steam carrots and parsnips
- 2) Once steamed place in GN tray an roast, with a 2 minutes to go, add honey