

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