Orange and thyme roasted carrots

Ingredients from OUR garden:

| Carrots – 15 | Thyme – 4 stalks |

Other ingredients:

| Olive oil – 1 Tbs | Orange – ½ | Balsamic Vinegar – 1 Tbs | Honey – ½ Tbs |

Equipment needed:

| Sharp knives | Chopping board | Juicer | Tablespoon |
| Saucepan – medium | Slotted spoon | Baking paper |

Method:

1. Clean and trim carrots. Cut in half.
2. Preheat oven to 190 degrees.
3. Cut and juice half an orange.
4. Remove thyme leaves from stalks.
5. Fill a saucepan up half way with water. Sprinkle in some salt. Bring to boil.
6. Par-boil carrots for 5 minutes. Remove with slotted spoon and set aside to cool.
7. Prepare oven tray with baking paper.
8. Place carrots on tray.
9. Drizzle over olive oil
10. Drizzle over orange juice.
11. Drizzle over balsamic vinegar.
12. Drizzle over honey. Toss all to combine.
13. Season with salt and pepper.
14. Scatter over thyme.
15. Bake for 10 minutes. Turn. Bake for another 10 minutes.

Focus keeper: _______________________________
Quiet Captain: ______________________________
Materials Monitor: ____________________________