

Roasted carrots with grapefruit and feta salad

Total time **70 mins** 15 mins preparation time 55 mins cooking time

INGREDIENTS

10 portion(s)

For the carrots:

1.5 kg	colourful carrots, washed, with tops attached
300 g	onions, sliced
100 g	butter
5	bay leaves, fresh
2	star anise
2	sprigs of thyme, washed
50 g	honey
500 ml	vegetable stock
100 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>

Ingredients for the potato puree:

1.5 kg	floury potatoes, peeled and diced
10	garlic cloves, peeled
500 ml	milk
100 g	butter
5 g	salt
3 g	nutmeg

For the salad:

30 ml	<u>Kikkoman Naturally Brewed Soy Sauce</u>
30 g	honey
30 ml	olive oil
300 g	grapefruit, segmented
300 g	feta, diced
100 g	frisée lettuce, ready to serve
20 g	chervil, picked
100 g	macadamia nuts, roasted and salted

PREPARATION

Step 1

To prepare the carrots, trim the green tops to approx. 5 cm. Place the onions and carrots on a baking tray with the butter, bay leaves, star anise, thyme and honey and roast in a preheated fan oven at 220 °C for 10-15 minutes until golden brown. Add the vegetable stock and Kikkoman Soy Sauce and leave to cook for about 10 minutes. Cooking times may vary depending on the thickness of the carrots.

Step 2

For the puree: cook the potatoes and garlic in a saucepan over a medium heat in ample salted water for 20-30 minutes until done. Drain and press everything through a potato ricer while still hot. Bring the milk and butter to the boil and stir into the puree. Season with salt and nutmeg to taste.

Step 3

Make a dressing for the salad with the Kikkoman Soy Sauce, honey and oil. Mix the grapefruit, feta, frisée lettuce, chervil and macadamia nuts in a bowl and toss with the dressing.

Step 4

Spoon the garlic potato puree onto the middle of each plate, arrange the carrots loosely on top, finish with the salad and serve.