

Banana tarte Tatin with sweet soy

Total time **55 mins** **20 mins** preparation time **30 mins** cooking time **5 mins** cooling time

Nutritional facts (per portion):
2,512 kJ / 600 kcal

Fat: **15 g** Protein: **5 g**
Carbohydrates: **130 g**

INGREDIENTS

2 portion(s)

4	bananas
120 g	sugar
40 g	butter
2.5 tbsp	<u>Kikkoman Sauce for Rice</u> - <u>sweet</u>
1 tsp	ground cinnamo
1 pinch	salt
200 g	ready-rolled puff pastry
200 g	coconut ice cream for serving
3	mint leaves for garnish

PREPARATION

Step 1

120 g sugar - **40 g** butter - **2.5 tbsp** Kikkoman
Sauce for Rice - sweet - **1 tsp** ground cinnamon - **1**
pinch salt

Caramelise the sugar in a saucepan over medium heat. Add the butter, Kikkoman Sauce for Rice, cinnamon and salt. Stir until fully combined.

Step 2

4 bananas - **200 g** ready-rolled puff pastry
Peel the bananas and cut them in half lengthwise. Arrange them cut-side down in a tart tin coated with the caramel sauce. Cover with a layer of puff pastry, pressing the edges firmly. Bake the tarte Tatin at 180°C for about 25–30 minutes until golden and crisp. Carefully invert onto a plate—watch out, the caramel is very hot!

Step 3

200 g coconut ice cream for serving - **3** mint leaves

Cut the tart into portions and serve with the coconut ice cream. Garnish with the mint.