KIKKOMAN

Soy Orange & Honey Glazed Roast Turkey

Total time **130 mins** **130 mins** preparation time

Nutritional facts (per portion):
2,981 kJ / 710 kcal

Fat: **18.6 g** Protein: **67.9 g**
Carbohydrates: **64.4 g**

INGREDIENTS

4 portion(s)

1	oven ready whole turkey
150 ml	orange juice
2 tbsp	honey
8 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5	baguette
150 g	bacon, diced
100 ml	milk
1	egg
3 tbsp	rapeseed oil
0.5	nutmeg, grated
600 g	potatoes, peeled
300 g	Brussels sprouts
300 g	parsnip
1	pomegranate

PREPARATION

Step 1

For the stuffing Cut the baguette into small cubes for the filling. Sauté the bacon in a pan with 3 tbsp rapeseed oil. Add the baguette cubes and sauté.

Step 2

Then put in a bowl and pour over milk and 4 tbsp soy sauce. Add the egg and grated nutmeg and mix everything together well.

Step 3

Place a roasting tin in the oven and preheat to 160°C.

Step 4

Stuff turkey in the neck end with the bread mixture and place in roasting tin. Cook in the oven for approx. 90 minutes or according to instructions.

Step 5

Mix honey, orange juice and 4 tbsp Kikkoman soy sauce to make a glaze. After an hour of cooking, periodically brush the skin of the turkey with the orange-soy glaze.

Step 6

Meanwhile, wash and dry the potatoes, Brussels sprouts, and parsnip. Peel the potato and put it in cold water. Boil the potatoes approx. half an hour

until cooked before the turkey is ready.

Step 7

Peel the parsnip and cut as desired. Remove the outer leaves from the Brussels sprouts, trim the stalk, cross cut them, and then blanch them in boiling water for approx. 4 minutes.

Step 8

Add the parsnip and Brussels sprouts to the turkey in the roasting tin for the last half hour.

Step 9

Cut the pomegranate in half and tap the outside with a spoon, holding the pomegranate over a bowl to catch the seeds that fall out.

Step 10

Turn the oven up to 200°C and brown the turkey for the last 10 minutes. Remember to keep brushing the skin with the glaze as you do this.

Step 11

Finally, serve the turkey with the potatoes, parsnips, and Brussels sprouts, and garnish with pomegranate seeds.