

Warm salad of roasted vegetables and walnuts

Total time **35 mins** 15 mins preparation time 20 mins cooking time

Nutritional facts (per portion):
3558 kJ / 850 kcal

Fat: **46 g** Protein: **27 g**
Carbohydrates: **63 g**

INGREDIENTS

2 portion(s)

8	carrots
4	parsnips
4	spring onions
0.5	head of garlic
2 tbsp	olive oil
4 tbsp	Kikkoman Teriyaki Marinade
2 tbsp	fresh thyme
1	sprig of rosemary
70 g	walnuts
2 tbsp	honey
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 pinch	of pepper
1	head of romaine lettuce
70 g	blue cheese

PREPARATION

Step 1

8 carrots - **4** parsnips - **4** spring onions - **0.5** head of garlic - **2 tbsp** olive oil - **4 tbsp** Kikkoman Teriyaki Marinade - **2 tbsp** fresh thyme - **1** sprig of rosemary

Preheat the oven to 190 degrees Celsius. Cut the carrots, parsnips and spring onions in half lengthwise and peel the garlic. Toss everything with olive oil and Teriyaki Marinade. Place on a baking sheet, sprinkle with chopped herbs, and bake for 20 minutes. Allow to cool slightly.

Step 2

70 g walnuts - **2 tbsp** honey - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 pinch** of pepper
Meanwhile, dry roast the walnuts in a frying pan. Mix honey with soy sauce and pepper, and pour it over the walnuts. Stir occasionally until caramelized.

Step 3

1 head of romaine lettuce - **70 g** blue cheese
In a bowl, put romaine lettuce leaves and place the roasted vegetables and walnuts on top. Sprinkle with chopped cheese and serve.