KIKKOMAN

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	Kikkoman Naturally Brewed Soy Sauce

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	Kikkoman Naturally Brewed Soy Sauce
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

For the puree: cook the potatoes and garlic in a saucepan over a medium heat in ample salted water for 20-30 minutes until tender. 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 2

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 3

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

Step 4

Knoblauch-Kartoffelcreme mittig auf Teller geben, die Möhren locker darauf verteilen, den Salat darübergeben und servieren.