KIKKOMAN

Roasted brussels sprouts with soy-honey glaze and hazelnuts

Total time **20 mins**

Nutritional facts (per portion):
1,450 kJ / 350 kcal

Fat: **21 g** Protein: **10 g**
Carbohydrates: **31 g**

INGREDIENTS

2 portion(s)

300 g	Brussels sprouts
1	shallot
1	garlic clove
20 ml	rapeseed oil
55 g	butter
50 ml	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
25 ml	honey
10 ml	Kikkoman Seasoning for Sushi Rice (125ml)
1 pinch	dried chilli flakes
40 g	toasted hazelnuts
10 g	chives

PREPARATION

Step 1

300 g Brussels sprouts - **1** shallot - **1** garlic clove
Clean the Brussels sprouts, remove the outer leaves, and cut them in half. Finely chop the shallot and garlic.

Step 2

20 ml rapeseed oil - **30 g** butter
Toss the Brussels sprouts from Step 1 with the oil and roast for about 10–12 min in a convection oven preheated to 240 °C, until deeply browned, tender inside and visibly caramelised on the surface. After roasting, add the butter and gently turn to coat.

Step 3

25 g butter - **50 ml** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **25 ml** honey - **1 tbsp** Kikkoman Seasoning for Sushi Rice (125ml) - **1 pinch** dried chilli flakes
In a small pan, sauté the shallot and garlic from Step 1 in butter until softened and translucent. Add the Kikkoman Gluten-free Soy Sauce, honey and Kikkoman Seasoning for Sushi Rice. Cook over a medium heat for 2–3 min until the glaze slightly thickens and becomes glossy. Season with the chilli flakes.

Step 4

40 g toasted hazelnuts - **10 g** chives
Add the roasted Brussels sprouts from Step 2 to the prepared glaze and gently toss in the pan for 1–2 min until each half is evenly coated with the glossy glaze. Add the toasted hazelnuts and mix them in. Divide between 2 plates and sprinkle with

the chives.