



Glazed carrots

Sweet meets savory: carrots glazed in honey, orange juice and soy sauce are combined with roasted hazelnuts, pomegranate seeds, fresh coriander and sesame seeds to create a colourful oriental starter for festive days.

Zutaten

2 Portionen

0.25 Pomegranate
40 g Hazelnut kernels
300 g Carrots
3 EL Byodo frying oil with sesame oil
1 EL Honey
2 EL Orange juice
2 TL Soy sauce
4 Stem Coriander
0.5 TL Sesame

Zubereitung

First deseed the pomegranate and roughly chop the hazelnuts. Roast the nuts in a pan without oil until they are golden brown and fragrant – this is how they develop their full aroma. Peel the carrots and halve or quarter them lengthways, depending on their size. Heat some frying oil in a pan and fry the carrots until they are soft and lightly browned.

Then deglaze with honey, orange juice and soy sauce and reduce the mixture to a smooth, slightly syrupy sauce. Arrange the glazed carrots on plates, sprinkle with roasted hazelnuts and fresh

pomegranate seeds. To finish, garnish with a few coriander leaves and sesame seeds.



The dish is particularly delicious with a slice of toasted bread – perfect for soaking up the sweet and savory sauce.