

Roasted Nantes carrot salad, green grapes, silken tofu with mirin

Recipe for 12 Tapas

Description

Small carrots roasted in the oven with olive oil, green grapes quarters, mint leaves and cubes of silky tofu cooking in mirin.

Note

Opt for a silky tofu; its texture will go perfectly with the salad.

Ingredients

Carrots

- 18 Unit(s) Nantaise carrot
- 1 Tsp Cumin seeds
- 1 Unit(s) Red onion

- Salt and pepper
- Olive oil

Tofu

- 200 Gr Silken tofu
- 30 Ml Mirin
- 10 Drop(s) Roasted sesame oil
- 30 Ml Canola oil

- Salt and pepper
- Olive oil

Garnish

- 20 Unit(s) Green grape
- 12 Leaf(ves) Mint

- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**
- Preheat your **four** at **400 F°**

Beforehand preparation

Wash the carrots and slice them in centimeter large wedges. Chop the red onion. Snip the mint leaves. Cut the green grapes in quarters. Cut the tofu in regular cubes.

Carrots

Crush the cumin seeds in a mortar. In a bowl, mix the carrots, the crushed cumin, the red onion wedges, a little salt and a net of olive oil. Spread it on a baking tray and put in the oven for 30 minutes.

Tofu

In a pan, pour the two oils and add the mirin and the tofu cubes. Cook gently and keep it warm. Season with salt and pepper.

The tapas mounting

In small bowls, first spread the roasted vegetables, add the tofu on top and finish with the fresh garnish.

Bon appétit!