

Root Vegetables

- Honey-Cinnamon Carrots
- Marinated Sweet Potato
- Stir-Fried Pumpkin (南瓜炒肉)

Honey-Cinnamon Carrots



Ingredients

- 500g / 1lb carrots
- 1/4 cup honey
- 2 tsp minced garlic
- 2 tsp olive oil
- 1 tsp cinnamon
- 1/2 tsp ginger
- pinch of salt and pepper

Method

1. Preheat oven to 180C / 350F.
2. Cut carrots into sticks.
3. Mix all other ingredients well and toss through carrots.

4. Bake for 30 minutes.

Notes

Serves 4.

Marinated Sweet Potato

Ingredients

- 1 sweet potato
- 1 cup water
- 2 tbsp soy sauce
- 2 tbsp rice wine (mirin)
- 2 tbsp rice syrup or honey
- 1 tbsp sugar
- 1 tsp sesame seeds

Method

1. Peel and dice the sweet potato.
2. Add the potato to a saucepan with water, soy sauce, wine, sugar, and syrup.
3. Bring it to the boil and then simmer for 20-30 minutes until the sauce has evaporated.
4. Sprinkle with sesame seeds to serve.

Stir-Fried Pumpkin (南瓜炒肉)



Ingredients

- 1/2 butternut pumpkin or equivalent
- 2 tsp salt
- 1 tsp minced garlic
- 1 tsp sugar
- 1 tsp sesame seeds

Method

1. Slice pumpkin into thin (1/2cm) bite-sized pieces, place in strainer with salt, and sit for 30 minutes.
2. Rinse the pumpkin and stir-fry in sesame oil along with all other ingredients until it is soft, stirring regularly so that it doesn't burn.