KIKKOMAN

Baked cod with kale and sweet potato

Total time **50 mins** **5 mins** preparation time **25 mins** cooking time **20 mins** marinating time

Nutritional facts (per portion):
1,633 kJ / 390 kcal

Fat: **18 g** Protein: **31 g**
Carbohydrates: **24 g**

INGREDIENTS

2 portion(s)

1 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
4 tsp	lemon juice
2 tbsp	Kikkoman Toasted Sesame Oil
1 tsp	grated ginger
0.5	red chilli
300 g	cod fillet
1	sweet potato
60 g	kale

PREPARATION

Step 1

1 tbsp Kikkoman Naturally Brewed Less Salt Soy Sauce - **4 tsp** lemon juice - **1 tbsp** Kikkoman Toasted Sesame Oil - **1 tsp** grated ginger - **0.5** red chilli - **300 g** cod fillet
Mix the marinade ingredients, add the cod fillet and refrigerate for 20 minutes.

Step 2

1 tbsp Kikkoman Toasted Sesame Oil - **1** sweet potato - **60 g** kale
Place the diced sweet potato in a baking dish, drizzle with the Kikkoman Sesame Oil and mix well. Pre-bake for 10 minutes (180 °C). Then add the cod fillet and the kale, with the leaves washed and dried and the tough stems removed. Drizzle everything with the remaining marinade and return to the oven for another 15 minutes.