KIKKOMAN

Baked Sweet Potato Bowl

Total time **60 mins** **15 mins** preparation time **45 mins** cooking time

INGREDIENTS

4 portion(s)

2	large sweet potatoes (approx. 300 g each)
2	cloves of garlic, finely chopped
10 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
5 tbsp	rapeseed oil
3.5 tsp	tahini paste
0.5 tsp	brown sugar
	Freshly ground pepper
1	can chickpeas
2 tsp	Kikkoman Toasted Sesame Oil
100 ml	stock
	A few thyme leaves
2.5 tbsp	of lemon juice
	Chilli flakes
60 g	chopped peanuts
200 g	red and yellow cherry tomatoes
1	courgette
250 g	shelled raw prawns
1 bunch	of flat-leaf parsley, finely chopped
120 g	couscous
60 g	shiso cress

PREPARATION

Step 1

Cut the sweet potatoes in half and cook them in boiling water for about 15-20 minutes. For the dressing, mix half of the chopped garlic with 4-5 tablespoons of Ponzu, 4 tablespoons of oil, 1½ teaspoons of tahini paste, brown sugar and season with pepper.

Step 2

Rinse and drain the chickpeas. Fry the remaining garlic in the heated sesame oil and pour in the stock. With the sweet potato halves, remove the flesh leaving an edge about 1.5 cm wide inside and cut the flesh into small pieces.

Step 3

Puree the sweet potato flesh with the garlic broth, thyme, half the chickpeas and the rest of the tahini paste and season with lemon juice, chilli, 3-4 tablespoons of ponzu lemon and pepper. Put the filling in the sweet potato halves and sprinkle with the peanuts.

Step 4

Preheat the oven to 180°C Fan. Place the filled sweet potato halves on a small baking tray and cook in the oven for about 10-15 minutes. Cut the tomatoes in half, cut off the ends of the courgette and roughly grate the courgette or cut them into sticks.

Step 5

Fry the prawns in the remaining heated oil and drizzle with the remaining Ponzu. Prepare couscous according to package instructions and mix with chopped parsley.

Step 6

Arrange the couscous with the filled sweet potatoes, remaining chickpeas, tomatoes, courgette, shiso cress and prawns in bowls, drizzle with the dressing and serve.