KIKKOMAN

Baked Sweet Potatoes with Salmon and Spinach

Total time **50 mins** **15 mins** preparation time **35 mins** cooking time

Nutritional facts (per portion):
4,389 kJ / 1,049 kcal

Fat: **67 g** Protein: **40 g**
Carbohydrates: **86 g**

INGREDIENTS

2 portion(s)

Sweet Potatoes:

700 g	sweet potatoes
1 tbsp	rapeseed oil
1 pinch	salt

Salmon:

250 g	salmon fillet
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5 tsp	freshly ground black pepper

Spinach in cream sauce:

1 tbsp	olive oil
0.5 tbsp	butter
1	small onion, chopped
1	large garlic clove, chopped
150 g	baby spinach
130 ml	whipping cream (30%)
30 g	blue cheese
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.25 tsp	nutmeg
0.25 tsp	freshly ground black pepper

Herb yoghurt dip:

120 g	Greek yoghurt
2 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tsp	honey
2 tbsp	parsley, chopped
2 tbsp	chives, chopped

PREPARATION

Step 1

700 g sweet potatoes - **1 tbsp** rapeseed oil - **1 pinch** salt - **250 g** salmon fillet - **3 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **0.5 tsp** freshly ground black pepper
Wash, dry and halve the sweet potatoes. Brush them with oil and sprinkle with salt. Place in a hot air fryer and bake at 200 °C for 30 minutes. Cut the salmon into larger cubes. Add the Kikkoman Lemon Ponzu and pepper, mix and set aside to marinate.

Step 2

1 tbsp olive oil - **0.5 tbsp** butter - **1** small onion, chopped - **1** large garlic clove, chopped - **150 g** baby spinach - **130 ml** whipping cream (30%) - **30 g** blue cheese - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.25 tsp** nutmeg - **0.25 tsp** freshly ground black pepper
Heat the olive oil and butter in a pan, add the onion and garlic. Sauté until soft, then add the spinach, cream and crumbled cheese. Cook until the sauce thickens, then add the Kikkoman Soy Sauce and spices. Hollow out the flesh of the baked sweet potatoes, leaving a 2 cm border, and add the pulp to the spinach. Add the spinach and salmon from step 1 to the sweet potatoes. Place the stuffed sweet potatoes in a hot air fryer and bake for 5 minutes.

Step 3

120 g Greek yoghurt - **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1 tsp** honey - **2 tbsp** parsley, chopped - **2 tbsp** chives, chopped - **0.25 tsp** freshly ground black pepper
Mix the yoghurt with the Kikkoman Lemon Ponzu,

0.25 tsp	freshly ground black pepper

honey, herbs and pepper. Place the stuffed sweet potatoes on a plate and drizzle with the dip.