

Baked vegetables salad with yoghurt-mint dip

Total time **60 mins 60 mins** preparation time

Nutritional facts (per portion):

866 kJ / 348 kcal

INGREDIENTS

4 portion(s)

1 kg	potatoes
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250 g yellow courgette

250 g squash200 g aubergine300 g red pepper

1 bunch spring onions without

chives

20 g olive oil

1.5 tbsp <u>Kikkoman Naturally</u>

Brewed Soy Sauce

3 tbsp chopped herbs (basil,

parsley, thyme)

Dip

150 g natural yoghurt30 g mayonnaise2 tbsp lemon juice

2 tbsp chopped fresh mint

PREPARATION

Step 1

Mix the yogurt with mayonnaise, lemon juice and mint. Put it in the fridge.

Step 2

Preheat the oven to 200 degrees.

Step 3

Cut larger potatoes in half. Cut the courgette, squash, aubergine and peppers into smaller pieces. Mix all vegetables with herbs, olive oil and soy sauce.

Step 4

At the beginning, only the potatoes are placed on a baking tray lined with baking paper. Bake for 20 minutes, then add the rest of the vegetables (without the spring onions) and bake for another 20 minutes. Finally, add the spring onions and bake for the last minutes.

Step 5

Mix the baked vegetables and serve with the dip.