KIKKOMAN

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
250 g	yellow courgette
250 g	squash
200 g	aubergine
300 g	red pepper
1 bunch	spring onions without chives
20 g	olive oil
1.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
3 tbsp	chopped herbs (basil, parsley, thyme)

Dip

150 g	natural yoghurt
30 g	mayonnaise
2 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.