

Broccoli au Gratin, Cauliflower & Glazed Sweet Pumpkin

Total time **45 mins** 15 mins preparation time 30 mins cooking time

Nutritional facts (per portion):
1380 kJ / 329 kcal

Fat: **12.9 g** Protein: **13.1 g**
Carbohydrates: **40.5 g**

INGREDIENTS

4 portion(s)

320 g	broccoli
320 g	cauliflower
320 g	pumpkin (e.g. hokkaido pumpkin)
1 tsp	olive oil
100 ml	apple juice
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
For the béchamel sauce:	
2 tbsp	peanut oil (or vegetable oil)
30 g	wheat flour
400 ml	oat milk (or almond milk or soy milk)
50 ml	vegetable broth
2 tbsp	coconut milk
1 tsp	sugar
0.5 tsp	salt
	Some pepper
For the soy sauce crumbles:	
1 tsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	peanut oil (or vegetable oil)
0.5 cup	Kikkoman Panko - Japanese style crispy bread crumbs
2	stems of parsley

PREPARATION

Step 1

Cut broccoli and cauliflower into small florets, wash, blanch and drain well. Peel, wash and cut pumpkin into small cubes (approx. 1 cm). Heat the oil in a small pot, add the pumpkin and sauté. Pour on apple juice and bring to the boil. Add the soy sauce and continue cooking until the liquid has almost completely evaporated.

Step 2

For the béchamel sauce heat the peanut oil in a pot, add the flour and sauté. Add the warm oat milk, broth and coconut milk bit by bit, bring to the boil while stirring and simmer for about 1-2 minutes. Season the sauce with sugar, salt and pepper.

Step 3

Preheat the oven to 160°C top/bottom heat (140°C convection oven). For the soy sauce crumbles, mix the soy sauce well with the peanut oil. Place the panko flour in a bowl, pour the soy sauce-peanut oil mixture over it and mix well. Place the panko mixture on a tray lined with baking paper and bake in the oven for about 6-7 minutes. Wash parsley, dab dry, remove leaves and chop finely. Remove panko mixture from the oven and mix with the parsley.

Step 4

Increase oven temperature to 220°C top/bottom

heat (200°C convection oven) Place the glazed pumpkin in an oven dish and alternately add the broccoli and cauliflower. Pour the béchamel sauce over them and bake in the oven for about 2-3 minutes until the surface is golden brown. Remove the casserole from the oven, sprinkle with the soy sauce crumbles and serve.