

Broccoli au Gratin, Cauliflower & Glazed Sweet Pumkpin

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

Nutritional facts (per portion):

1380 kJ / 329 kcal

INGREDIENTS

4 portion(s)

320 g broccoli **320** g cauliflower

320 g pumpkin (e.g. hokkaido

pumpkin)

1 tsp olive oil100 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 broth2 tbsp coconut milk

1 tsp sugar0.5 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

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

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.