

Cod & Sweet Potato Bento Box Recipe

Total time **30 mins** **5 mins** preparation time **25 mins** cooking time

INGREDIENTS

1 portion(s)

100 g	cherry tomatoes
2 tbsp	olive oil
0.25 tsp	Mediterranean herbs (frozen or dried)
40 g	millet
1 tsp	sunflower seeds
2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
120 g	cod (or other filleted fish)
4 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
120 g	sweet potatoes
120 g	broccoli
1.5 tbsp	ketchup
1.5 tbsp	honey
	Freshly ground pepper

PREPARATION

Step 1

Pre-heat the oven to 200°C upper/lower heat (180°C fan). Wash the tomatoes, combine with 1 tbsp. oil and the herbs, place in a small oven-proof dish and bake for approx. 10 minutes. While the tomatoes are in the oven cook the millet according to the pack instructions, then combine with the sunflower seeds and 1 tbsp. soy sauce.

Step 2

Wash the fish, dab dry and season with 2 tbsp. Ponzu Lemon. Fry in the remaining hot oil for approx. 5-8 minutes on both sides. Remove from the pan. Peel, wash and dice the sweet potato. Divide the broccoli into florets, wash and fry in the fish juices together with the sweet potato. Add 100 ml water, cook for 10-15 minutes and remove from the pan.

Step 3

To make the sauce add the remaining soy sauce, ketchup, honey and the rest of the Ponzu Lemon to the frying juices from the vegetables, bring to the boil, season with pepper and pour into a screw-top jar for transportation. Arrange the meal components in the bento box/ lunchbox and refrigerate until you are ready to take it with you. Heat up in the microwave before eating.