KIKKOMAN

Couscous, Feta & Vegetable Bento Box Recipe

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

INGREDIENTS

1 portion(s)

40 g	couscous
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
50 g	feta cheese
80 g	black beans (canned)
30 g	baby spinach
40 g	cherry tomatoes
0.5	mango
1	sprig of lemon balm
2 tbsp	yoghurt
1.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
	Freshly ground pepper
30 g	pomegranate seeds

PREPARATION

Step 1

Cook the couscous according to the pack instructions, then mix with 2 tbsp. Ponzu Lemon. Crumble the feta cheese. Rinse and drain the beans. Was h the spinach and shake or spin dry. Wash and quarter the cherry tomatoes. Peel the mango, cut the flesh away from the stone in wedges and cut into cubes.

Step 2

To make the dressing wash the lemon balm and pluck the leaves. Puree 1 tbsp. chopped mango with the yoghurt, lemon balm leaves, soy sauce and remaining Ponzu Lemon, season with pepper and pour into a screw-top glass for transportation.

Step 3

Combine the remaining mango with the pomegranate seeds. Arrange the meal components in the bento box/ lunchbox and refrigerate until you are ready to take it with you.