

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	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
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	<u>Kikkoman Naturally Brewed Soy Sauce</u>
	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. Wash 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.