

Easy Japanese Vegetable Skewers Recipe (Vegetable Yakitori)

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

Nutritional facts (per portion):
192 kJ / 45 kcal

Fat: **1.6 g** Protein: **1.2 g**
Carbohydrates: **6.7 g**

INGREDIENTS

6 portion(s)

8	padrón peppers (or green asparagus)
80 g	shiitake mushrooms (or king oyster mushrooms)
80 g	courgette (or leek)
1 tbsp	vegetable oil
3 tbsp	medium sweet white wine
1 tsp	sugar
2.5 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tsp	onion granules
0.5 tsp	garlic granules

PREPARATION

Step 1

Wash the padrón peppers and remove the stalks. Clean the shiitake mushrooms and cut off the roots. Wash the courgettes, cut off the ends and then cut the courgettes into slices approx. 1 cm thick. Thread the different vegetables onto skewers, alternating them as you go.

Step 2

Heat the vegetable oil in a frying pan and fry the vegetable skewers over a medium heat for approx. 3 minutes (covered with a lid). Turn the skewers over and cook for approx. 3 minutes on the other side. Then put them on a plate and keep them warm.

Step 3

Drain the remaining oil from the pan. Add the white wine and the sugar to the pan and simmer until the sugar has dissolved. Add the Kikkoman soy sauce, onion and garlic granules and mix well.

Step 4

Brush the sauce onto the skewers and serve.