KIKKOMAN

Fruity roast vegetable & furikake donburi

Total time **75 mins** **15 mins** preparation time **30 mins** cooking time **30 mins** marinating time

Nutritional facts (per portion):
2,344 kJ / 560 kcal

Fat: **6.5 g** Protein: **15.1 g**
Carbohydrates: **108.9 g**

INGREDIENTS

2 portion(s)

120 g	Sushi Rice
Toppings:	
200 g	Brussels sprouts
40 ml	Kikkoman Naturally Brewed Soy Sauce
30 g	Honey
1	Apricot
1	Apple
1	Boiled Beetroot
Sauce:	
60 ml	Kikkoman Naturally Brewed Soy Sauce
60 ml	Kikkoman Mirin-Style Sweet Seasoning
20 ml	Lime or Yuzu juice
1 tsp	Kikkoman Toasted Sesame Oil
1 tsp	fresh ginger
1	Garlic clove
1 tsp	Orange zest
Furikake:	
1 tsp	Black sesame seeds
1 tsp	Roasted white sesame seeds
1	Nori sheet
1 tsp	Sansho pepper

PREPARATION

Step 1

120 g Sushi rice - **200 g** Brussels sprouts - **40 ml** Kikkoman Naturally Brewed Soy Sauce - **30 g** Honey
Cook the rice according to the instructions on the packet.
Halve the Brussels sprouts and mix with the Kikkoman Soy Sauce and honey. Set aside for 30 minutes, then bake in a preheated oven at 200 °C for 20 minutes.

Step 2

1 Apricot - **1** Apple - **1** Boiled beetroot
Wash the apricot and apple. Cut the apricot, apple and peeled beetroot into small pieces.

Step 3

1 Garlic clove - **1 tsp** fresh ginger - **60 ml** Kikkoman Naturally Brewed Soy Sauce - **60 ml** Kikkoman Mirin-Style Sweet Seasoning - **20 ml** Lime or Yuzu juice - **1 tsp** Kikkoman Toasted Sesame Oil - **1 tsp** Orange peel
Chop the ginger and garlic, add the remaining ingredients and mix thoroughly to make the sauce.

Step 4

1 Nori sheet - **1 tsp** Black sesame seeds - **1 tsp** Roasted white sesame seeds - **1 tsp** Sansho pepper
Crumble the nori and mix with the sesame seeds and the sansho pepper to create the furikake.
Put the rice in a bowl, arrange the remaining ingredients in groups on top, pour the sauce over everything and sprinkle with the furikake.