KIKKOMAN

Greek-style pork gyros bowl

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
2,552 kJ / 608 kcal

Fat: **34.1 g** Protein: **42.3 g**
Carbohydrates: **30.7 g**

INGREDIENTS

2 portion(s)

50 g	(coarse) pearl barley
1	onion
1	clove of garlic
100 g	cherry tomatoes
1	large yellow pointed pepper
2 tsp	Kikkoman Toasted Sesame Oil
4 tbsp	Kikkoman Teriyaki Marinade
	Freshly ground pepper
	Oregano, rubbed
250 g	gyros (alternative: see tip)
100 g	feta
10	marinated olives

PREPARATION

Step 1

Prepare the pearl barley according to the instructions on the package. Cut the onion into fine rings and finely chop the garlic. Cut the tomatoes in half. Cut the pepper into strips.

Step 2

Fry the onion, garlic, tomatoes and pepper in 1 tsp of heated sesame oil for 5-8 minutes and season with the teriyaki marinade, ground pepper and oregano.

Step 3

Fry the pork gyros in the remaining heated sesame oil for about 5 minutes. Crumble the feta.

Step 4

Arrange the pearl barley, vegetables and the fried pork in bowls, sprinkle with the feta, garnish with the olives and serve.