KIKKOMAN

Grilled cod with sweet potato fries

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,135 kJ / 510 kcal

Fat: **25 g** Protein: **35 g**
Carbohydrates: **32 g**

INGREDIENTS

2 portion(s)

1	sweet potato
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tbsp	Kikkoman Toasted Sesame Oil
300 g	cod
75 g	kale
1	garlic clove, chopped
0.75 tbsp	pine nuts
3 tbsp	olive oil
1.5 tsp	lemon juice
1 tsp	honey

PREPARATION

Step 1

1 sweet potato - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce **1 tbsp** Kikkoman Toasted Sesame Oil
Peel the sweet potato and cut into fries. Mix the Kikkoman Less Salt Soy Sauce with the Kikkoman Sesame Oil and toss the fries in the mixture. Spread them on an oven tray lined with baking paper and bake at 200°C for about 25 minutes.

Step 2

75 g kale - **1** garlic clove, chopped - **0.75 tbsp** pine nuts - **2 tbsp** olive oil - **1.5 tsp** lemon juice - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce
Wash and dry the kale, then remove the tough stems. Add it to a blender along with the garlic, pine nuts, olive oil, lemon juice and Kikkoman Less Salt Soy Sauce. Blend until smooth.

Step 3

1 tbsp olive oil - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** honey - **300 g** cod
Mix the olive oil with the Kikkoman Less Salt Soy Sauce and honey. Brush the cod with the marinade and leave to marinate for 10–15 minutes. Grill for 3–5 minutes on each side. Serve with the sweet potato fries and kale pesto.