KIKKOMAN

Grilled veg & camembert salad

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

Nutritional facts (per portion):
2,293 kJ / 548 kcal

Fat: **46 g** Protein: **18 g**
Carbohydrates: **21 g**

INGREDIENTS

2 portion(s)

300 g	courgette
200 g	aubergine
100 g	red onion
4 tbsp	olive oil
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1	garlic clove, finely chopped
1 tsp	fresh thyme, chopped
100 g	camembert
40 g	walnuts
4 handful	rocket

PREPARATION

Step 1

300 g courgette - **200 g** aubergine - **100 g** red onion - **4 tbsp** olive oil - **3 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1** garlic clove, finely chopped - **1 tsp** fresh thyme, chopped
Slice the courgette, cut the aubergine into half-slices and separate the onion layers. Toss with the olive oil, Kikkoman Less Salt Soy Sauce, garlic and thyme. Grill for 5 minutes on each side in a griddle pan, then leave to cool.

Step 2

100 g camembert - **40 g** walnuts
Cut the camembert into triangles. Toast the walnuts and chop roughly.

Step 3

4 handful rocket
Place the rocket in a lunchbox. Add the grilled vegetables and their marinade and the camembert, then sprinkle with the walnuts.