KIKKOMAN

Grilled vegetable and burrata couscous

Total time **50 mins** **10 mins** preparation time **30 mins** cooking time **10 mins** marinating time

Nutritional facts (per portion):
4,061 kJ / 917 kcal

Fat: **46 g** Protein: **23 g**
Carbohydrates: **100 g**

INGREDIENTS

2 portion(s)

100 g	couscous
1	cucumber
1	large tomato
200 g	baby carrot
200 g	Jerusalem artichoke
200 g	beetroot
100 g	turnip
1	red onion
0.5	head of garlic
6 tbsp	olive oil
0.5	lemon (pressed juice)
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	pepper
1 tbsp	honey
80 g	chopped mint
Additional:	
120 g	burrata cheese
0.5	pomegranate (seeds only)
0.5 bunch	of parsley

PREPARATION

Step 1

100 g couscous - **1** cucumber - **1** large tomato
Pour the couscous into a large bowl and cover it with boiling water, about 1 cm above the surface of the couscous. Cover and let it sit for 5 minutes. Dice the cucumber and tomato, then add them to the couscous. Mix well.

Step 2

200 g baby carrot - **200 g** Jerusalem artichoke - **200 g** beetroot - **100 g** turnip - **1** red onion - **0.5** head of garlic - **1 tbsp** olive oil
Preheat the oven to 190 degrees Celsius. Wash, peel, and cut the vegetables into smaller pieces. Put them on a baking sheet along with half a head of garlic and drizzle with a tablespoon of olive oil. Bake for about 30 minutes until tender and golden brown.

Step 3

5 tbsp olive oil - **0.5** lemon (pressed juice) - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** pepper - **1 tbsp** honey - **80 g** chopped mint
In a large bowl, mix together olive oil, lemon juice, soy sauce, pepper, honey, and chopped mint. Mash the roasted garlic with a fork and add to the bowl along with the remaining roasted vegetables. Set aside to marinate for 10 minutes.

Step 4

120 g burrata cheese - **0.5** pomegranate (seeds only) - **0.5 bunch** of parsley
Place the burrata on a plate, then top it with the couscous and the roasted marinated vegetables. Drizzle with the remaining marinade. Garnish with

pomegranate seeds and parsley leaves.