KIKKOMAN

Halloumi skewers served on herb rice

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

Nutritional facts (per portion):
1,338 kJ / 620 kcal

Fat: **41.3 g** Protein: **28.4 g**
Carbohydrates: **31 g**

INGREDIENTS

2 portion(s)

150 g	cooked basmati rice
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tbsp	thyme
1 tbsp	oregano
200 g	halloumi
1 tbsp	olive oil
1	green pepper
1	long cucumber
1	avocado
20 g	fresh spinach

PREPARATION

Step 1

150 g cooked basmati rice - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tbsp** thyme - **1 tbsp** oregano - **200 g** halloumi - **1 tbsp** olive oil
Mix the cooked rice with the Kikkoman Less Salt Soy Sauce and herbs. Fill into lunch boxes. Cut the halloumi into cubes and fry in a griddle pan.

Step 2

1 green pepper - **1** long cucumber - **1** avocado - **20 g** fresh spinach
Cut the pepper into large cubes and slice the cucumber. Skewer them onto toothpicks with the halloumi. Serve with the rice, spinach and sliced avocado.