KIKKOMAN

Japanese Style Teriyaki Chicken and Vegetable Bento Box Recipe

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

Nutritional facts (per portion):
2,994 kJ / 715 kcal

Fat: **35.6 g** Protein: **40.1 g**
Carbohydrates: **59.6 g**

INGREDIENTS

1 portion(s)

1	small aubergine
	A few thyme leaves
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	olive oil
1	small organic lime
2.5 tbsp	Kikkoman Teriyaki Wok Sauce with Toasted Sesame
1 tsp	honey
	Freshly ground pepper
50 g	pasta (e.g. penne)
100 g	chicken breast fillet
60 g	cherry tomatoes
0.5	avocado
1 tsp	chopped pecan nuts

PREPARATION

Step 1

Pre-heat the oven to 220 (200 fan). Wash the aubergine and cut off the ends. Then chop into approx. 2 x 2 cm cubes. Wash the thyme, combine with the aubergine, 2 tbsp. soy sauce and 1 tbsp. oil, place in a small oven-proof dish and bake for approx. 15 -20 minutes.

Step 2

In the meantime prepare the dressing. Wash the lime with hot water, dab dry and grate off a little zest. Then cut the lime in half and squeeze out the juice. Stir together the remaining soy sauce, ½ tbsp. teriyaki sauce, a little lime zest, 1-2 tbsp. lime juice and honey. Season with pepper. Cook the pasta according to the pack instructions, then mix with 1 tbsp. dressing.

Step 3

Cut the chicken into 2 x 2 cm cubes. Combine with the remaining teriyaki sauce and fry for approx. 8-10 minutes in the remaining oil.

Step 4

Wash and halve the tomatoes. Cut the avocado flesh into pieces and drizzle with the remaining lime juice so that they don't turn brown. Pour the rest of the dressing into a screw-top jar for transportation. Arrange all the meal components in a bento box/ lunchbox, garnish with pecan nuts and refrigerate until you are ready to take it with

you.