

Lentil and Millet Salad Bowl with Raspberries

Total time **45 mins** 10 mins preparation time **35 mins** cooking time

INGREDIENTS

4 portion(s)

100 g	green lentils
100 g	millet
400 g	sweet potatoes
500 g	broccoli
8 tbsp	olive oil
9 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
	Freshly ground pepper
4	little gem lettuce hearts
200 g	cherry tomatoes
125 g	raspberries
1.5 tsp	maple syrup
	Chilli flakes
	Some coriander leaves
40 g	popped amaranth seeds

PREPARATION

Step 1

Prepare lentils and millet separately according to the package instructions. Preheat the oven to 180°C Fan. Peel the sweet potatoes and cut them into approx. 2x2 cm cubes. Cut the broccoli into small florets, mix them with the sweet potato cubes, 4 tablespoons oil and 4 tablespoons Ponzu and season with pepper. Spread the mixture on a baking sheet lined with baking paper and bake in the oven for about 20-25 minutes.

Step 2

Quarter the little gem lettuces. Halve or quarter the tomatoes. For the dressing, puree 2 tbsp raspberries with remaining Ponzu, remaining oil and maple syrup and season with chilli and pepper.

Step 3

Arrange lentils, millet, broccoli and sweet potato mixture, lettuce hearts, tomatoes and remaining raspberries in bowls and drizzle with the dressing. Garnish the bowls with coriander, sprinkle with popped amaranth and serve.