

Pork and Vegetable Bento Box Recipe

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

INGREDIENTS

1 portion(s)

100 g	potatoes
120 g	pork fillet
7 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tbsp	olive oil
2	carrots
150 g	oxheart cabbage
80 g	dairy cream
1.5 tsp	maple syrup
0.5 tsp	mustard
	Chilli flakes
100 g	cooked beetroot (vacuum pack)
1 tsp	chopped pistachio nuts

PREPARATION

Step 1

Wash the potatoes thoroughly, boil them in their skins and cut into cubes. While the potatoes are cooking dab the pork fillet dry, cut into bite-sized pieces, marinate in 2 tbsp. soy sauce, cook for approx. 6-8 minutes in hot oil and remove from the pan.

Step 2

Peel and wash the carrots. Cut them diagonally into strips and sauté them in the remaining frying juices. Trim the stem and remove the outer leaves from the oxheart cabbage, cut into strips, wash and add into the pan with the carrots. Continue cooking for approx. 5-8 minutes, season with 1 tbsp. soy sauce and remove from the pan.

Step 3

To make the sauce add the cream, maple syrup and 3 tbsp. soy sauce to the remaining frying juices, bring to the boil, reduce slightly, season with mustard and chilli, then pour into a screw-top jar for transportation. Cut the beetroot into cubes and marinate in the remaining soy sauce.

Step 4

Arrange all the meal components in a bento box/ lunchbox, garnish with pistachio nuts and refrigerate until you are ready to take it with you. Heat up in the microwave before eating.