KIKKOMAN

Rice bowl with fried halloumi

Total time **15 mins** **10 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
3,263 kJ / 780 kcal

Fat: **44 g** Protein: **29 g**
Carbohydrates: **32.5 g**

INGREDIENTS

2 portion(s)

150 g	cooked basmati rice
200 g	halloumi
1 tbsp	olive oil
1	avocado
0.5	green pepper
0.5	long cucumber
30 g	fresh spinach
Sauce:	
3 tbsp	Greek yoghurt
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
0.5 tsp	pepper
0.5 tbsp	thyme
0.5 tbsp	oregano

PREPARATION

Step 1

150 g cooked basmati rice - **200 g** halloumi - **1 tbsp** olive oil
Place the rice in lunch boxes or bowls. Cut the halloumi into cubes and fry in olive oil until golden brown.

Step 2

1 avocado - **0.5** green pepper - **0.5** long cucumber
Cut the avocado, pepper and cucumber into cubes. Add to the rice along with the halloumi.

Step 3

Sauce:

30 g fresh spinach - **3 tbsp** Greek yoghurt - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **0.5 tsp** pepper - **0.5 tbsp** thyme - **0.5 tbsp** oregano
Add the spinach to the rice. Mix the ingredients for the sauce to serve alongside.