KIKKOMAN

Rice salad with courgette and egg

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
2,052 kJ / 490 kcal

Fat: **24 g** Protein: **22 g**
Carbohydrates: **45 g**

INGREDIENTS

2 portion(s)

100 g	jasmine rice
1 tbsp	vegetable oil
1	courgette
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	smoked paprika
2	eggs
2 tbsp	plain yoghurt
100 g	tinned sweetcorn
1	red onion
0.5 tsp	pepper
1 tbsp	chopped spring onion

PREPARATION

Step 1

100 g jasmine rice - **1 tbsp** vegetable oil - **1** courgette - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** smoked paprika
Cook the jasmine rice according to the packet instructions. Slice the courgette and sauté in the vegetable oil with the Kikkoman Soy Sauce and smoked paprika for 3 minutes. Set aside.

Step 2

2 eggs - **2 tbsp** plain yoghurt - **0.5 tsp** smoked paprika - **0.5 tbsp** Kikkoman Naturally Brewed Soy Sauce - **100 g** tinned sweetcorn - **1** red onion
Fry the eggs in the same pan used for the courgette. Mix the yoghurt with the smoked paprika and Kikkoman Soy Sauce. Peel and chop the onion. In a lunchbox, layer a quarter of the cooked rice, then half the sautéed courgette, half the sweetcorn, and half the red onion, followed by another quarter of rice. Spoon over half the yoghurt sauce. Repeat for the second lunchbox.

Step 3

0.5 tbsp Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** pepper - **1 tbsp** chopped spring onion
Place the fried eggs on top of lunchboxes. Sprinkle over the pepper, drizzle with the Kikkoman Soy Sauce and top with the chopped spring onions.