KIKKOMAN

Roasted beetroot salad with ricotta

Total time **60 mins** **10 mins** preparation time **50 mins** cooking time

Nutritional facts (per portion):
1,260 kJ / 300 kcal

Fat: **14 g** Protein: **10 g**
Carbohydrates: **32.0 g**

INGREDIENTS

2 portion(s)

360 g	beetroot
20 g	pickled ginger
1	garlic clove
20 ml	Kikkoman Sauce for Poke Bowl
10 g	honey
100 g	ricotta
2 handful	rocket
2 handful	spinach
1 tbsp	black sesame seeds
	A few mint leaves, for garnish

PREPARATION

Step 1

360 g beetroot
Wash the beetroot, wrap in foil and roast for 45-50 minutes on a barbecue until tender, or in the oven at 180–200°C.

Step 2

20 g pickled ginger - **1** garlic clove - **20 ml** Kikkoman Sauce for Poke Bowl - **10 g** honey
Finely chop the ginger and garlic, then combine with the Kikkoman Poke Sauce and honey to make a dressing.

Step 3

100 g ricotta - **2 handful** rocket - **2 handful** spinach - **1 tbsp** black sesame seeds - A few mint leaves, for garnish
Cut the roasted beetroot into wedges and arrange on a plate. Break the ricotta into small pieces and add on top, then scatter over the rocket and spinach. Drizzle with the dressing, garnish with the mint leaves and sprinkle with the sesame seeds.