KIKKOMAN

Roasted vegetables with feta dip

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,971 kJ / 710 kcal

Fat: **41 g** Protein: **27 g**
Carbohydrates: **65 g**

INGREDIENTS

2 portion(s)

350 g	sweet potatoes
300 g	Brussels sprouts, blanched
70 g	red onion
3 tbsp	olive oil
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
2 tsp	honey
4 tbsp	Greek yoghurt
70 g	feta
0.25 tsp	chilli flakes
1 tbsp	chopped parsley
2	eggs
1 tbsp	vinegar
30 g	walnuts

PREPARATION

Step 1

350 g sweet potatoes - **300 g** Brussels sprouts, blanched - **70 g** red onio - **3 tbsp** olive oil - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tsp** honey
Dice the sweet potatoes, halve the Brussels sprouts and quarter the onion. Toss the vegetables with the olive oil and Kikkoman Less Salt Soy Sauce and honey, then roast for 25 minutes at 190°C (top and bottom heat) until tender.

Step 2

4 tbsp Greek yoghurt - **70 g** feta - **0.25 g** chilli flakes - **1 tbsp** chopped parsley
Mash the yoghurt with the feta, then stir in the chilli flakes and parsley.

Step 3

2 eggs - **1 tbsp** vinegar - **30 g** walnuts
Crack the eggs into a small bowl. Bring water to a boil in a saucepan, add the vinegar, and gently stir the water with a spoon to create a whirlpool. Carefully slide the egg into the centre. Poach over low heat for 2½ minutes. Repeat for the second egg. Transfer the vegetables from step 1 into a lunchbox, drizzle with the yoghurt dip, add the eggs, and sprinkle with the walnuts (whole or chopped).