KIKKOMAN

Savoury buckwheat bowl with roasted pork & paprika pepper sauce

Total time **55 mins** **15 mins** preparation time **40 mins** cooking time

Nutritional facts (per portion):
3,117 kJ / 745 kcal

Fat: **39.5 g** Protein: **47.6 g**
Carbohydrates: **46 g**

INGREDIENTS

2 portion(s)

100 g	buckwheat
300 g	pork tenderloin
0.5 tsp	ground paprika
0.5 tsp	dried oregano
0.5 tsp	dried thyme
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	oil
1 tbsp	olive oil
50 g	onion
150 g	red pepper
150 g	courgette
200 g	tomato puree
1 tsp	spicy ground paprika
0.5 tsp	ground black pepper
1 tbsp	chopped parsley
20 g	pumpkin seeds
20 g	sunflower seeds

PREPARATION

Step 1

Sweat the chopped onion in olive oil. Then add the washed and diced vegetables. Fry for a while until softened, then pour water (about 1 cm above the level of the vegetables), add tomato passata, Kikkoman soy sauce, spices and parsley. Cover and stew for 30 minutes stirring occasionally.

Step 2

Preheat the oven up to 200 degrees C. Coat the pork tenderloin with Kikkoman soy sauce, paprika and herbs and fry briefly in oil on each side. Place into an ovenproof dish and bake for 20 minutes.

Step 3

Meanwhile, cook the buckwheat groats according to the packet instructions. Divide between bowls with a portion of paprika sauce, sliced pork and sprinkle with seeds.