KIKKOMAN

Stuffed sweet potatoes with quinoa

Total time **50 mins** **15 mins** preparation time **35 mins** cooking time

Nutritional facts (per portion):
3,384 kJ / 809 kcal

Fat: **38 g** Protein: **22 g**
Carbohydrates: **98 g**

INGREDIENTS

2 portion(s)

700 g	sweet potatoes
3 tbsp	olive oil
40 g	red onion
30 g	kale
40 g	frozen peas
0.5 tbsp	tahini
1 tbsp	water
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
140 g	cooked quinoa
100 g	feta
4 tbsp	Greek yoghurt
2 tsp	honey
15 g	chopped walnuts
0.5 tbsp	chopped parsley

PREPARATION

Step 1

700 g sweet potatoes - **1 tbsp** olive oil
Wash and dry the sweet potatoes, then cut them in half. Pierce them several times with a fork, brush with the olive oil and bake until soft—about 30 minutes—in an oven preheated to 180°C (top and bottom heat). Scoop out the flesh and set aside, leaving about a 1.5 cm border.

Step 2

40 g red onion - **30 g** kale - **2 tbsp** olive oil - **40 g** frozen peas - **0.5 tbsp** tahini - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tbsp** water - **140 g** cooked quinoa - **100 g** feta
Dice the onion and remove the tough stems from the kale. Sauté the vegetables in a pan with heated olive oil. Add the peas, tahini, Kikkoman Less Salt Soy Sauce, 1 tbsp water and the sweet potato flesh from step 1. Cook everything for 2 minutes, then add the quinoa and mix well. Fill the sweet potato halves with the mixture, top with pieces of feta and bake for another 5 minutes at 180°C.

Step 3

4 tbsp Greek yoghurt - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tsp** honey - **15 g** chopped walnuts - **0.5 tbsp** chopped parsley
Mix the Greek yoghurt with the Kikkoman Less Salt Soy Sauce, honey, chopped nuts and parsley. Stir well. Drizzle the sauce over the sweet potatoes before serving.