KIKKOMAN

Sweet potato towers

Total time **45 mins** **20 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
1,824 kJ / 437 kcal

Fat: **27 g** Protein: **15.5 g**
Carbohydrates: **30 g**

INGREDIENTS

4 portion(s)

1 tbsp	vegetable oil
300 g	sweet potatoes
200 g	courgette
4 tbsp	Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
100 g	sliced bacon
100 g	grated Gouda
80 g	cream cheese
1 tbsp	mayonnaise
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	freshly chopped thyme
	Freshly ground pepper

PREPARATION

Step 1

1 tbsp vegetable oil - **300 g** sweet potatoes - **200 g** courgette - **4 tbsp** Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste - **100 g** sliced bacon - **100 g** grated Gouda
Preheat the oven to 180 °C and grease a muffin tin with oil. Peel the sweet potatoes and slice them thinly along with the courgette. Coat with Kikkoman Teriyaki BBQ-Sauce Honey. Cut the bacon into pieces. Layer the sweet potatoes, courgette, bacon and Gouda alternately in the muffin tin and bake for about 25 minutes.

Step 2

80 g cream cheese - **1 tbsp** mayonnaise - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce
Mix all the ingredients to make a dip.

Step 3

1 tbsp freshly chopped thyme - Freshly ground pepper
Remove the sweet potato towers from the mould and secure with wooden skewers. Sprinkle them with thyme and pepper and serve with the dip.