KIKKOMAN

Teriyaki roasted pumpkin bowl & edamame

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
3,209 kJ / 767 kcal

Fat: **31 g** Protein: **20 g**
Carbohydrates: **110 g**

INGREDIENTS

2 portion(s)

400 g	butternut squash
3 tbsp	Kikkoman Teriyaki Wok Sauce with Toasted Sesame
80 g	shallots
0.5 tbsp	olive oil
2 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
2 tsp	honey
1	Hass avocado (140 g)
2 tsp	lemon juice
80 g	radishes
300 g	cooked brown rice
120 g	cooked edamame
Dressing:	
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5 tbsp	maple syrup
2 tsp	Kikkoman Toasted Sesame Oil
To serve:	
20 g	toasted cashews
2 tsp	black sesame seeds
2	handfuls coriander

PREPARATION

Step 1

400 g butternut squash - **3 tbsp** Kikkoman Teriyaki Wok Sauce with Toasted Sesame
Cut the squash in half, peel and cut into slices about 2.5 cm thick. Place in a baking dish, spread with the Kikkoman Teriyaki Wok Sauce Toasted Sesame and roast in an oven preheated to 200 °C (top and bottom heat) for 20 min until tender.

Step 2

80 g shallots - **0.5 tbsp** olive oil - **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **2 tsp** honey
Slice the shallots into thin wedges. Heat the olive oil in a pan, add the shallots and sauté briefly. Add the Kikkoman Lemon Ponzu and honey. Cook, stirring constantly, until golden and caramelised.

Step 3

1 Hass avocado (140 g) - **2 tsp** lemon juice - **80 g** radishes - **300 g** cooked brown ric - **120 g** cooked edamame
Dice the avocado and drizzle with the lemon juice. Slice the radishes thinly. Arrange the rice, roasted squash, shallots, avocado, radishes and edamame in a bowl.

Step 4

3 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon **0.5 tbsp** maple syrup - **2 tsp** Kikkoman Toasted Sesame Oil
Mix the Kikkoman Lemon Ponzu, maple syrup and Kikkoman Sesame Oil in a small bowl.

Step 5

20 g toasted cashews - **2 tsp** black sesame seeds - **2** handfuls coriander

Chop the cashews. Drizzle the bowl with the dressing, then top with the cashews, sesame seeds and coriander.