KIKKOMAN

Turkey and courgette rice bowl

Total time **15 mins** **10 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
1,989 kJ / 475 kcal

Fat: **15 g** Protein: **30 g**
Carbohydrates: **50 g**

INGREDIENTS

2 portion(s)

1 tbsp	vegetable oil
1	red onion
0.5	courgette
150 g	minced turkey
1.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	smoked paprika
100 g	tinned sweetcorn
100 g	jasmine rice
1 tsp	sesame seeds
1 tbsp	chopped spring onion

PREPARATION

Step 1

1 tbsp vegetable oil - **1** red onion - **150 g** minced turkey - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** smoked paprika - **0.5** courgette
Sauté the chopped onion and sliced courgette in the vegetable oil. Add the minced turkey, Kikkoman Soy Sauce and smoked paprika. Cook for 3–4 minutes, until the meat is cooked through and the courgette is slightly tender.

Step 2

100 g tinned sweetcorn - **100 g** jasmine rice - **1 tsp** sesame seeds - **1 tbsp** chopped spring onion - **0.5 tbsp** Kikkoman Naturally Brewed Soy Sauce
Cook the rice according to the packet instructions. Layer the cooked rice, sweetcorn and sautéed meat with courgette and onion in a bowl. Sprinkle with the sesame seeds and spring onion, and drizzle with the Kikkoman Soy Sauce.