KIKKOMAN

Vegetable bowl

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

Nutritional facts (per portion):
1,108 kJ / 265 kcal

Fat: **7 g** Protein: **14 g**
Carbohydrates: **35 g**

INGREDIENTS

2 portion(s)

100 g	cooked millet
3 tbsp	chopped parsley
0.25	courgette
0.25	onion
1 tbsp	olive oil
1	carrot
1	tomato
0.5	red peppers
3 tbsp	natural yoghurt
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	lime juice
1 tbsp	honey

PREPARATION

Step 1

100 g cooked millet - **2 tbsp** chopped parsley - **0.25** courgette - **0.25** onion - **1 tbsp** olive oil
Mix the cooked millet with parsley. Slice the courgette and onion and fry in olive oil.

Step 2

1 carrot - **1** tomato - **0.5** red peppers
Cut the carrot into sticks, the tomato into quarters and the pepper into cubes. Place all the ingredients in a lunch box.

Step 3

3 tbsp natural yoghurt - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** lime juice - **1 tbsp** honey - **1 tbsp** chopped parsley
Mix the sauce ingredients and serve with the remaining ingredients.