KIKKOMAN

Baked Brussels sprouts in orange sauce

Total time **40 mins** **20 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,453 kJ / 347 kcal

Fat: **13.2 g** Protein: **11.3 g**
Carbohydrates: **53.2 g**

INGREDIENTS

2 portion(s)

Mashed Potatoes:

500 g	potatoes
1 tsp	Kikkoman Naturally Brewed Soy Sauce
100 ml	vegan sour cream
50 ml	plant-based milk
50 g	vegan butter

Brussels Sprouts:

500 g	Brussels sprouts
1 tbsp	olive oil

Orange Sauce:

1	orange
2 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tsp	sugar
1	garlic clove
0.5 tsp	freshly grated ginger
1 tbsp	Kikkoman Toasted Sesame Oil
1 tsp	rice vinegar
1 tbsp	potato starch
3 tbsp	water

Additionally:

1 tbsp	toasted sesame seeds

PREPARATION

Step 1

Wash and peel the potatoes, cut into quarters and cook them in water with Kikkoman Soy Sauce. Drain the cooked potatoes and press them into a pot through a potato ricer. Add vegan sour cream, milk and vegan butter. Heat while stirring until the butter melts.

Step 2

Wash and dry the Brussels sprouts, trim the ends and halve them. Drizzle with olive oil, mix, and place on a parchment-lined baking tray. Bake at 180° C for 20 minutes.

Step 3

Wash the orange, grate the zest and squeeze out the juice. Combine the orange juice, Kikkoman Ponzu Lemon, sugar, crushed garlic, grated ginger, sesame oil and rice vinegar. Mix together and blend until smooth. Add the grated orange zest. Pour into a saucepan and heat until it boils. Remove from heat.

Step 4

Mix the potato starch with water and add it to the hot sauce. Simmer for 3 minutes, stirring frequently, until the sauce thickens.

Step 5

Transfer the baked Brussels sprouts to a bowl.

Pour over the orange sauce and mix to ensure each sprout is thoroughly coated. Sprinkle with sesame seeds.

Step 6

Arrange the cooked Brussels sprouts on top of the mashed potatoes. Garnish with sesame seeds.