

Baked Brussels sprouts in orange sauce

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

Nutritional facts (per portion):
1453 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.