

# Broccoli au gratin, cauliflower and glazed sweet pumpkin with crispy soy sauce crumbles

Total time **45 mins** 15 mins preparation time 30 mins cooking time

Nutritional facts (per portion):  
**1380 kJ / 329 kcal**

Fat: **12.9 g** Protein: **13.1 g**  
Carbohydrates: **40.5 g**

## INGREDIENTS

4 portion(s)

<b>320 g</b>	broccoli
<b>320 g</b>	cauliflower
<b>320 g</b>	pumpkin (e.g. hokkaido pumpkin)
<b>1 tsp</b>	olive oil
<b>100 ml</b>	apple juice
<b>1 tbsp</b>	Kikkoman Naturally Brewed Soy Sauce
<b>For the béchamel sauce:</b>	
<b>2 tbsp</b>	peanut oil (or vegetable oil)
<b>30 g</b>	wheat flour
<b>400 ml</b>	oat milk (or almond milk or soy milk)
<b>50 ml</b>	vegetable broth
<b>2 tbsp</b>	coconut milk
<b>1 tsp</b>	sugar
<b>0.5 tsp</b>	salt
	Some pepper
<b>For the soy sauce crumbles:</b>	
<b>1 tsp</b>	Kikkoman Naturally Brewed Soy Sauce
<b>1 tbsp</b>	peanut oil (or vegetable oil)
<b>0.5 cup</b>	Kikkoman Panko - Japanese style crispy bread crumbs
<b>2</b>	stems of parsley

## PREPARATION

### Step 1

Cut broccoli and cauliflower into small florets, wash, blanch and drain well. Peel, wash and cut pumpkin into small cubes (approx. 1 cm). Heat the oil in a small pot, add the pumpkin and sauté. Pour on apple juice and bring to the boil. Add the soy sauce and continue cooking until the liquid has almost completely evaporated.

### Step 2

For the béchamel sauce heat the peanut oil in a pot, add the flour and sauté. Add the warm oat milk, broth and coconut milk bit by bit, bring to the boil while stirring and simmer for about 1-2 minutes. Season the sauce with sugar, salt and pepper.

### Step 3

Preheat the oven to 160°C top/bottom heat (140°C convection oven). For the soy sauce crumbles, mix the soy sauce well with the peanut oil. Place the panko flour in a bowl, pour the soy sauce-peanut oil mixture over it and mix well. Place the panko mixture on a tray lined with baking paper and bake in the oven for about 6-7 minutes. Wash parsley, dab dry, remove leaves and chop finely. Remove panko mixture from the oven and mix with the parsley.

### Step 4

Increase oven temperature to 220°C top/bottom

heat (200°C convection oven) Place the glazed pumpkin in an oven dish and alternately add the broccoli and cauliflower. Pour the béchamel sauce over them and bake in the oven for about 2-3 minutes until the surface is golden brown. Remove the casserole from the oven, sprinkle with the soy sauce crumbles and serve.