

Cheesy pita bread with camembert & veg

Total time **30 mins** 10 mins preparation time 20 mins cooking time

Nutritional facts (per portion):
2,979 kJ / 712 kcal

Fat: **40 g** Protein: **27 g**
Carbohydrates: **62 g**

INGREDIENTS

2 portion(s)

100 g	aubergine
100 g	courgette
40 g	red onion
4 tbsp	olive oil
3 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
1 tsp	fresh thyme, chopped
120 g	camembert
1	egg
1 tsp	sriracha
20 g	<u>Kikkoman Panko - Japanese style crispy bread crumbs</u>
3 tbsp	Greek yoghurt
1	garlic clove, finely chopped
1 tsp	honey
0.25 tsp	pink pepper
2	pita breads
1 handful	rocket

PREPARATION

Step 1

100 g aubergine - **100 g** courgette - **40 g** red onion - **1 tbsp** olive oil - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** fresh thyme, chopped

Dice the aubergine and courgette, and slice the onion. Place the vegetables in a bowl and toss with the olive oil, Kikkoman Less Salt Soy Sauce and thyme. Roast for 15 minutes at 200°C.

Step 2

120 g camembert - **1** egg - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** sriracha - **20 g** Kikkoman Panko - Japanese style crispy bread crumbs - **3 tbsp** olive oil

Halve the camembert horizontally. Beat the egg with the Kikkoman Less Salt Soy Sauce and sriracha. Coat the cheese in the egg mixture and then in the Kikkoman Panko. Fry for 2½ minutes on each side in olive oil until golden brown.

Step 3

3 tbsp Greek yoghurt - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1** garlic clove, finely chopped - **1 tsp** honey - **0.25 tsp** pink pepper - **2** pita breads - **1 handful** rocket

Mix the yoghurt with the Kikkoman Less Salt Soy Sauce, garlic, honey and pink pepper. Spread the mixture inside the pitas, then fill with the rocket, roasted vegetables and breaded camembert.