KIKKOMAN

Grilled antipasti vegetables with lemon soy sauce

Total time **25 mins** **20 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
779 kJ / 186 kcal

Fat: **15.1 g** Protein: **2.4 g**
Carbohydrates: **8.4 g**

INGREDIENTS

4 portion(s)

0.5	aubergine
1	courgette
3	red romano peppers
For the lemon soy sauce	
1 tbsp	Kikkoman Mirin-Style Sweet Cooking Seasoning
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	lemon juice
For the herb-garlic-oil	
1	clove of garlic
1	sprig of thyme
1	sprig of rosemary
6 tbsp	extra virgin olive oil

PREPARATION

Step 1

For the lemon soy sauce, mix all the ingredients.

Step 2

For the herb-garlic-oil, peel and crush the garlic. Wash the herbs, pat dry, chop finely and heat slowly in a small saucepan with the garlic and oil.

Step 3

Wash and trim the aubergine and courgette and cut into slices about ½ cm thick. Cut the romano peppers in half, remove the seeds and slice into wide strips.

Step 4

Coat the vegetables with the herb-garlic oil and fry in a heated pan or griddle, turning occasionally, for about 5 minutes. Carefully peel off the skin of the romano peppers.

Step 5

Put all the vegetables in a bowl and marinate with the lemon soy sauce.

Step 6

Arrange the antipasti vegetables on plates, drizzle with the remaining herb-garlic-oil and serve at room temperature.