KIKKOMAN

# Mediterranean oven-baked polenta

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

Nutritional facts (per portion):
**2,636 kJ / 633 kcal**

Fat: **32.5 g** Protein: **28.8 g**
Carbohydrates: **53.6 g**

## INGREDIENTS

**2 portion(s)**

| | |
|---|---|
| **1.5 tbsp** | Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour |
| **500 ml** | water |
| **125 g** | polenta |
| **3 tbsp** | Kikkoman Sauce for Rice - sweet |
| **4 pinch** | black pepper, freshly ground |
| **80 g** | cream cheese (goat's or regular) |
| **50 g** | black and green olives, sliced |
| **100 g** | feta |
| **130 g** | cherry tomatoes |
| **2 tsp** | Kikkoman Toasted Sesame Oil |
| **1 tbsp** | Kikkoman Sauce for Rice - sweet |
| **2 slices** | cooked ham, cut into strips |
| | A few basil leaves |

## PREPARATION

### Step 1

**1.5 tbsp** Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour - **500 ml** water - **125 g** polenta - **3 tbsp** Kikkoman Sauce for Rice - sweet - **4 pinch** black pepper, freshly ground
Preheat the oven to 200 °C and line half a baking tray with baking paper. Stir the Kikkoman Ramen Soup Base into the water, bring to the boil, scatter in the polenta, bring back to the boil and cook for about 5 min until thickened, then season with the Kikkoman Sauce for Rice and pepper. Spread the polenta over the prepared tray (or a small baking tray, approximately 25 x 25 cm).

### Step 2

**80 g** cream cheese (goat's or regular) - **50 g** black and green olives, sliced - **100 g** feta
Dot the cream cheese over the polenta and spread evenly, top with the olives and crumbled feta and bake in the preheated oven for approximately 15 min.

### Step 3

**130 g** cherry tomatoes - **2 tsp** Kikkoman Toasted Sesame Oil - **1 tbsp** Kikkoman Sauce for Rice - sweet - **2 slices** cooked ham, cut into strips - A few basil leaves
Halve the cherry tomatoes and toss with the Kikkoman Sesame Oil and Kikkoman Sauce for Rice. Garnish the polenta with the marinated tomatoes, ham and basil, cut into portions and serve.