KIKKOMAN

Pumpkin stuffed with bulgur groats

Total time **55 mins** **10 mins** preparation time **45 mins** cooking time

Nutritional facts (per portion):
886 kJ / 212 kcal

INGREDIENTS

4 portion(s)

2	butternut squash
1 tbsp	olive oil
100 g	bulgur groats
300 ml	water
150 g	cherry tomatoes
60 g	feta cheese
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	red pepper
1 tbsp	chopped parsley

PREPARATION

Step 1

Preheat the oven to 190 degrees. Cut the pumpkins lengthwise, hollow the pips, put them on a baking tray and pour over the olive oil. Bake for 30 minutes.

Step 2

Meanwhile, boil the bulgur in 300 ml of water until it absorbs all the water. When cooked, mix with soy sauce, chopped cherry tomatoes and feta cheese. Fill the pumpkin cavities with the filling and continue baking for 15 minutes.

Step 3

Sprinkle the finished dish with parsley and pepper and then serve to the table.