KIKKOMAN

Smoky Vegetable & Feta Salad

Total time **35 mins** **10 mins** preparation time **10 mins** marinating time **15 mins** cooking time

Nutritional facts (per portion):
5,116 kJ / 1,279 kcal

Fat: **89 g** Protein: **31 g**
Carbohydrates: **91 g**

INGREDIENTS

2 portion(s)

3 tbsp	Kikkoman Naturally Brewed Soy Sauce
1	small yellow courgette
1	small green courgette
1	red onion
12	cherry tomatoes on the vine
0.25	cauliflower
2	cloves garlic
1	sweet potato
1 tbsp	lemon zest
3 tbsp	olive oil
Dressing	
125 ml	olive oil
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	tahini
1 tsp	honey
1 tbsp	French mustard
1 tbsp	lemon juice
Plus	
50 g	Greek feta cheese
50 g	pomegranate seeds
2 tbsp	pine nuts
1 bunch	parsley
1	red onion

PREPARATION

Step 1

Cut the courgettes and sweet potato into slices. Cut the onion in small cubes. Divide the cauliflower in small florets.

Step 2

Place all the vegetables into a bowl. Add crushed garlic using a garlic press, 3 tablespoons of olive oil, 3 tablespoons of Kikkoman Soy Sauce and lemon zest. Mix thoroughly.

Step 3

Grill the vegetables on a high temperature preheated surface for around 7 minutes, flipping over during cooking. The sweet potato would need more time on the grill (around 15-20 minutes).

Step 4

In a separate bowl mix together Kikkoman Soy Sauce and tahini. Add lemon juice, French mustard and honey. Mix thoroughly. Slowly pour olive oil while constantly stirring for the ingredients to blend smoothly.

Step 5

Pour the prepared dressing over grilled vegetables. Add crumbled feta cheese, red onion, pine nuts, pomegranate and chopped parsley.