KIKKOMAN

Summer veg from the fire with bagna cauda

Total time **18 mins** **10 mins** preparation time **8 mins** cooking time

Nutritional facts (per portion):
1,045 kJ / 250 kcal

Fat: **20 g** Protein: **5 g**
Carbohydrates: **15 g**

INGREDIENTS

2 portion(s)

70 g	fresh courgette
70 g	young cauliflower
4	whole spring onions
6	asparagus spears
1	red pepper
5 g	basil
5 g	parsley
5 g	fresh thyme
10 ml	olive oil
30 ml	Kikkoman Naturally Brewed Less Salt Soy Sauce

Sauce:

4	garlic cloves, chopped
4	anchovy fillets, finely chopped
60 ml	extra virgin olive oil
10 ml	lemon juice

PREPARATION

Step 1

4 garlic cloves, chopped - **4** anchovy fillets, finely chopped - **60 ml** extra virgin olive oil - **10 ml** lemon juice

Heat the olive oil in a small saucepan over a low-medium heat. Add the chopped garlic and chopped anchovy fillets. Cook, stirring frequently, for 7–8 minutes until the garlic is fragrant and the anchovies have dissolved into the oil. Remove from the heat, puree with a handheld blender or grind in a mortar and set aside.

Step 2

70 g fresh courgette - **70 g** young cauliflower - **4** whole spring onions - **6** asparagus spears - **1** red pepper - **5 g** basil - **5 g** parsley - **5 g** fresh thyme - **10 ml** olive oil - **30 ml** Kikkoman Naturally Brewed Less Salt Soy Sauce

Preheat your campfire or grill. Brush the sliced or halved vegetables with olive oil and season with the Kikkoman Less Salt Soy Sauce. Place the prepared vegetables directly onto the grill racks. Grill over a direct flame (or grill), turning occasionally, until they are tender and have char marks (5-7 minutes). Arrange the grilled vegetables on a serving platter. Drizzle the warm bagna cauda sauce over the vegetables. Sprinkle with the chopped fresh herbs.