

Sweet potato-based cod tart

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

Nutritional facts (per portion):
2,073 kJ / 495 kcal

Fat: **28 g** Protein: **30 g**
Carbohydrates: **35 g**

INGREDIENTS

2 portion(s)

1	sweet potato
2.5 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
1 tbsp	<u>Kikkoman Toasted Sesame Oil</u>
100 g	kale
1	garlic clove, chopped
0.5 tbsp	butter
4	eggs
4 tbsp	yoghurt
2 tbsp	hard cheese, grated
150 g	cod fillet

PREPARATION

Step 1

1 sweet potato - **0.5 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce **1 tbsp** Kikkoman Toasted Sesame Oil

Peel the sweet potato and slice thinly. Drizzle with the Kikkoman Less Salt Soy Sauce and Kikkoman Sesame Oil, toss to coat, and layer the slices tightly in an overlapping pattern on the bottom of a baking dish. Pre-bake for 15 minutes at 190°C.

Step 2

100 g kale - **1** garlic clove, chopped - **0.5 tbsp** butter - **4** eggs - **4 tbsp** yoghurt - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tbsp** hard cheese, grated

Sauté the chopped garlic and kale in the butter. In a bowl, whisk the yoghurt with the eggs and Kikkoman Less Salt Soy Sauce. Add the sautéed kale and grated cheese. Stir to combine and pour over the sweet potato base.

Step 3

150 g cod fillet - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce

Cut the cod fillet into pieces and place them on top of the filling. Drizzle with the Kikkoman Less Salt Soy Sauce. Bake the tart at 180°C for 25 minutes. Cut into 4 pieces and pack 2 per portion in lunchboxes.