

Sweet potatoes stuffed with tofu in teriyaki sauce with vegetables

Total time **60 mins** **60 mins** preparation time

Nutritional facts (per portion):

1,943 kJ / 464 kcal

INGREDIENTS

4 portion(s)

970 g	sweet potatoes
360 g	natural tofu
6 tbsp	<u>Kikkoman Teriyaki Marinade</u>
160 g	mushrooms
2 tsp	butter
60 g	fresh spinach
160 g	cherry tomatoes

PREPARATION

Step 1

Cut the sweet potatoes in half lengthwise. Score each part. Put them in an oven preheated to 190 degrees Celsius and bake it until it gets tender (about 30-45 minutes).

Step 2

Dice the tofu, place it in a glass bowl and add the teriyaki marinade. Put it in the fridge for 20 minutes.

Step 3

In the meantime, cut the larger mushrooms into cubes, the smaller ones - in halves and fry them in butter until they get golden brown. Season it with salt.

Step 4

Cut the cherry tomatoes into halves.

Step 5

Heat the olive oil in a frying pan and fry the marinated tofu on it.

Step 6

Hollow out the center of the baked sweet potato, add it to the tofu pan and mix. Add spinach leaves, mushrooms and cook together for a few minutes.

Step 7

Stuff the previously cored sweet potatoes and decorate them with cherry tomatoes.