

Toast with Butterbean Spread and ponzu-Glazed Vegetables

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

INGREDIENTS

2 portion(s)

2 slices	of whole grain bread
1 can	butter beans (lima beans), drained and rinsed
1	garlic clove
50 ml	olive oil
1 tsp	lemon juice
1	small carrot, thinly sliced
0.5	red bell pepper, sliced
0.5	zucchini, sliced or julienned
0.5	small red onion, sliced
2 tbsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
1 tsp	honey

PREPARATION

Step 1

1 can butter beans (lima beans), drained and rinsed
- **1** garlic clove - **50 ml** olive oil - **1 tsp** lemon juice
- **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon

Make the spread: Blend the butter beans, garlic, olive oil, lemon juice, and 1 tbsp Kikkoman Ponzu Lemon sauce into a creamy purée.

Step 2

1 small carrot, thinly sliced - **0.5** red bell pepper, sliced - **0.5** zucchini, sliced or julienned - **0.5** small red onion, sliced

Cook the vegetables: Heat a little oil in a pan and sauté the carrot, bell pepper, zucchini, and red onion for 4-5 minutes until slightly tender.

Step 3

2 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1 tsp** honey

Glaze with ponzu: Add 1 tbsp Kikkoman Ponzu Lemon sauce and honey to the pan and let it reduce for 1-2 minutes until the vegetables are lightly caramelized.

Step 4

2 slices whole grain bread

Toast the bread slices until crispy in a toaster or on a pan.

Step 5

Assemble: Spread the butterbean purée on the toast and top with the warm, ponzu-glazed vegetables. Serve immediately.