

Vegetable maccheroni au gratin with sweet soy sauce

Total time **50 mins**

Nutritional facts (per portion):
2680 kJ / 640 kcal

Fat: **27.5 g** Protein: **21.6 g**
Carbohydrates: **73 g**

INGREDIENTS

4 portion(s)

For the sweet soy sauce:

200 ml vegetable stock
60 ml Kikkoman Naturally
Brewed Soy Sauce
1.5 tbsp sugar
3 tsp cornflour/potato starch

For the gratinated vegetable maccheroni:

200 g maccheroni
100 g Broccoli
160 g cherry tomatoes (approx.
16 pieces)
100 g small yellow pepper
100 g onions
100 g mushrooms
2 tbsp olive oil
salt, freshly ground white
pepper

For the gratin sauce:

800 ml milk
60 g butter
80 g flour
50 ml vegetable stock
1 tsp salt
freshly ground white
pepper
1 tsp sugar
2 tbsp grated Parmesan cheese

PREPARATION

Step 1

For the sweet soy sauce, heat the vegetable stock, soy sauce and sugar. Mix cornflour with 4 teaspoons of cold water, add to the sauce and bring to the boil.

Step 2

For the gratinated vegetable maccheroni cook the maccheroni according to the packet instructions. Cut broccoli into small florets, wash and blanch. Wash the tomatoes. Halve the peppers, remove seeds and wash the peppers. Peel the onions and cut them into cubes of about 1.5 cm along with the pepper. Brush the mushrooms, cut off the root base and cut the mushrooms into small pieces.

Step 3

Heat olive oil in a pan, add vegetables, sauté for about 5 minutes and season with salt and pepper. Put the vegetables on a plate and keep warm.

Step 4

For the gratin sauce, put milk in a small pot and heat to 60-70°C. Put butter and flour into another pot and cook on low heat (without the mixture burning) for 7-8 minutes while stirring.

Step 5

Pour on warm milk little by little and stir well so that the sauce does not clump together. Add the

vegetable stock, bring to the boil and season the sauce with salt, pepper and sugar. Preheat oven to 220°C top/bottom heat (200°C convection oven).

Step 6

Mix vegetables and maccheroni with the sauce, place in a baking dish, sprinkle with parmesan and bake in the preheated oven for approx. 5 minutes. Remove the casserole from the oven, sprinkle with the sweet soy sauce and serve.