KIKKOMAN

Zucchini, bean & aubergine salad

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

Nutritional facts (per portion):
2,672 kJ / 638 kcal

Fat: **32.6 g** Protein: **34.3 g**
Carbohydrates: **44.3 g**

INGREDIENTS

2 portion(s)

1	yellow zucchini
1	green zucchini
150 g	azuki beans (tinned)
1 tbsp	Kikkoman Sauce for Poke Bowl
1	organic lime
0.5	small aubergine
1	small shallot
1	small garlic clove
2 tbsp	olive oil
2 tbsp	light balsamic vinegar
2 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
2 tbsp	linseed oil
	Freshly ground pepper
125 g	halloumi
1	small bunch parsley
	Chilli flakes, to taste

PREPARATION

Step 1

1 yellow zucchini - **1** green zucchini - **150 g** azuki beans (tinned) - **1 tbsp** Kikkoman Sauce for Poke Bowl - **1** organic lime
Slice the zucchini lengthways into slices or strips. Marinate the azuki beans in the Kikkoman Poke Sauce. Cut the lime into eighths.

Step 2

0.5 small aubergine - **1** small shallot - **1** small garlic clove - **2 tbsp** olive oil - **2 tbsp** light balsamic vinegar - **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **2 tbsp** linseed oil - Freshly ground pepper
Cut the aubergine and shallot into small cubes and chop the garlic. Heat 1 tbsp olive oil and fry the aubergine, shallot and garlic until golden brown. Deglaze with the vinegar and the Kikkoman Ponzu Lemon. Stir in the linseed oil and season with the pepper.

Step 3

125 g halloumi - **1** small bunch parsley - Chilli flakes, to taste - Lime eighths from step 1
Cut the halloumi into slices roughly 1 cm thick and fry in a non-stick pan in the remaining heated oil for about 4 minutes on each side until golden brown. Wash the parsley, pat dry and pick off the leaves. Place the zucchini slices in bowls, garnish with the beans and drizzle with the lukewarm dressing. Arrange the halloumi, parsley and lime wedges from step 1 on top and serve immediately, as the halloumi tastes best warm. Sprinkle with chilli flakes if desired.