

# Grilled vegetable and burrata couscous

Total time **50 mins** 10 mins preparation time 30 mins cooking time 10 mins marinating time

Nutritional facts (per portion):  
**4061 kJ / 917 kcal**

Fat: **46 g** Protein: **23 g**  
Carbohydrates: **100 g**

## INGREDIENTS

2 portion(s)

<b>100 g</b>	couscous
<b>1</b>	cucumber
<b>1</b>	large tomato
<b>200 g</b>	baby carrot
<b>200 g</b>	Jerusalem artichoke
<b>200 g</b>	beetroot
<b>100 g</b>	turnip
<b>1</b>	red onion
<b>0.5</b>	head of garlic
<b>6 tbsp</b>	olive oil
<b>0.5</b>	lemon (pressed juice)
<b>1 tbsp</b>	Kikkoman Naturally Brewed Soy Sauce
<b>0.5 tsp</b>	pepper
<b>1 tbsp</b>	honey
<b>80 g</b>	chopped mint
<b>Additional:</b>	
<b>120 g</b>	burrata cheese
<b>0.5</b>	pomegranate (seeds only)
<b>0.5 bunch</b>	of parsley

## PREPARATION

### Step 1

**100 g** couscous - **1** cucumber - **1** large tomato  
Pour the couscous into a large bowl and cover it with boiling water, about 1 cm above the surface of the couscous. Cover and let it sit for 5 minutes. Dice the cucumber and tomato, then add them to the couscous. Mix well.

### Step 2

**200 g** baby carrot - **200 g** Jerusalem artichoke - **200 g** beetroot - **100 g** turnip - **1** red onion - **0.5** head of garlic - **1 tbsp** olive oil  
Preheat the oven to 190 degrees Celsius. Wash, peel, and cut the vegetables into smaller pieces. Put them on a baking sheet along with half a head of garlic and drizzle with a tablespoon of olive oil. Bake for about 30 minutes until tender and golden brown.

### Step 3

**5 tbsp** olive oil - **0.5** lemon (pressed juice) - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** pepper - **1 tbsp** honey - **80 g** chopped mint  
In a large bowl, mix together olive oil, lemon juice, soy sauce, pepper, honey, and chopped mint. Mash the roasted garlic with a fork and add to the bowl along with the remaining roasted vegetables. Set aside to marinate for 10 minutes.

### Step 4

**120 g** burrata cheese - **0.5** pomegranate (seeds only) - **0.5 bunch** of parsley  
Place the burrata on a plate, then top it with the couscous and the roasted marinated vegetables. Drizzle with the remaining marinade. Garnish with

pomegranate seeds and parsley leaves.