

# Vegetable skewers

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

Nutritional facts (per portion):

192 kJ / 45 kcal

# **INGREDIENTS**

6 portion(s)

**8** padrón peppers (or green

asparagus)

**80 g** shiitake mushrooms (or

king oyster mushrooms)

**80 g** courgette (or leek)

**1 tbsp** vegetable oil

**6 tbsp** Kikkoman Yakitori Sauce

- Glaze & Marinade

or

**4 tbsp** Kikkoman Sauce for Rice

- sweet

or Sauce for vegetable kebabs:

**3 tbsp** medium sweet white

wine

**1 tsp** sugar

**3.5 tbsp** Kikkoman Naturally

**Brewed Soy Sauce** 

1 tsp onion granules0.5 tsp garlic granules

Fat: **1.6 g** Protein: **1.2 g** Carbohydrates: **6.7 g** 

# **PREPARATION**

Step 1

Wash the padrón peppers and remove the stalks. Clean the shiitake mushrooms and cut off the roots. Wash the courgettes, cut off the ends and then cut the courgettes into slices approx. 1 cm thick. Thread the different vegetables onto skewers, alternating them as you go.

## Step 2

Heat the vegetable oil in a frying pan and fry the vegetable skewers over a medium heat for approx. 3 minutes (covered with a lid). Turn the skewers over and cook for approx. 3 minutes on the other side. Then put them on a plate and keep them warm.

#### Step 3

Drain the remaining oil from the pan. Pour the yakitori sauce (or Kikkoman Sauce for Rice / Sucrée) into the pan and heat through.

### Step 4

Brush the sauce onto the skewers and serve.