

Vegetable skewers

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

Nutritional facts (per portion):
192 kJ / 45 kcal

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

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 granules
0.5 tsp	garlic granules

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.