KIKKOMAN

Courgette flowers with teriyaki tomatoes

INGREDIENTS

10 portion(s)

For the courgette flowers:

600 g	courgette flowers (30 pcs. à 20 g)
300 g	hummus
200 g	tempura batter mix
1 litre	oil, for deep-frying
	Sea salt
	Chilli powder

For the tomato mix:

200 g	onions, red, cut into fine strips
10 g	garlic, cut into fine strips
500 g	chickpeas, cooked
2 kg	mixed tomatoes, cut into bite-sized pieces
300 ml	Kikkoman Teriyaki Marinade
50 g	mustard
50 g	honey
200 ml	olive oil, plus some for frying
10 g	basil leaves
10 g	coriander
50 g	pine nuts, roasted

PREPARATION

Step 1

Break off the stamens inside the courgette flowers. Use a piping bag to fill each flower with approx. 10 g of hummus. Prepare the tempura batter according to the packet instructions. Heat the deep fryer to 175 °C, dip the flowers in the batter, and deep-fry until golden brown. Drain and season with the sea salt and chilli powder.

Step 2

Fry the onion and garlic with the chickpeas and a little olive oil in a pan over a medium heat for 1-2 minutes. Add the tomatoes to the hot chickpeas and toss gently to combine. Whisk together the Kikkoman Teriyaki Marinade, mustard, honey and olive oil, then pour it over the tomatoes.

Step 3

Divide the teriyaki tomato mix plates, garnish with the basil and coriander, and top each with three oven-baked flowers and the roasted pine nuts.