

Fish cakes with roasted cauliflower purée and teriyaki Brussels sprouts

Total time **85 mins** **50 mins** preparation time **35 mins** cooking time

INGREDIENTS

10 portion(s)

For the purée:

- 150 ml** Kikkoman Naturally Brewed Soy Sauce
- 25 ml** Kikkoman Toasted Sesame Oil
- 100 g** tom ka paste
- 150 ml** Kikkoman Mirin-Style Sweet Cooking Seasoning
- 1 kg** cauliflower, cut into florets

- 300 ml** vegetable stock

For the teriyaki Brussels sprouts:

- 10 g** ginger, chopped
- 10 g** chopped garlic
- 300 ml** Kikkoman Wok Sauce - Teriyaki
- 800 g** Brussels sprouts, cleaned

For the fish cakes:

- 1.5 kg** cod fillet, skinless, chopped
- 100 ml** Kikkoman Naturally Brewed Soy Sauce
- 50 ml** Kikkoman Toasted Sesame Oil
- 10 g** finely chopped chives
- 5 g** chilli, chopped
- 20 g** cornflour
- 200 g** sesame seeds, not roasted
- 1.5 litre** oil for frying

In addition:

- 50 g** coconut chips
- 10** lime wedges
- 200 g** pomegranate seeds

PREPARATION

Step 1

Mix the Kikkoman Soy Sauce, Kikkoman Toasted Sesame Oil, tom ka paste and Kikkoman Mirin-Style Sweet Cooking Seasoning in a bowl. Add the cauliflower, mix well, and place on a baking tray lined with greaseproof paper. Bake at 180 °C fan for approx. 20 minutes. After baking, blend the cauliflower with the vegetable stock in a cutter or food processor to a purée.

Step 2

Mix the ginger and garlic with the Kikkoman Wok Sauce - Teriyaki and drizzle over the Brussels sprouts. Bake for approx. 10 minutes on a baking tray lined with greaseproof paper at 180 °C fan.

Step 3

Mix the cod fillet, Kikkoman Soy Sauce, Kikkoman Toasted Sesame Oil, chives, chilli and cornflour. Shape into approx. 50 g meatballs, coat in the sesame seeds and fry in oil at 175 °C for 3-4 minutes until golden brown.

Step 4

Roast the coconut chips in a dry pan. Place the cauliflower purée on plates and top with the fish cakes. Serve with the teriyaki Brussels sprouts and garnish with the coconut chips, lime wedges, pomegranate seeds and coriander.

15 g

coriander