

Carrot and celeriac pancakes with herbs

Total time **25 mins** 10 mins preparation time 15 mins cooking time

Nutritional facts (per portion):
1846 kJ / 441 kcal

Fat: **16 g** Protein: **20 g**
Carbohydrates: **46 g**

INGREDIENTS

2 portion(s)

150 g carrots
100 g celeriac
1 onion
1 bunch of chives
0.5 bunch of parsley
4 mint leaves
100 g whole wheat (whole meal) flour
0.5 tsp baking powder
2 eggs
100 ml milk
2 tbsp Kikkoman Naturally Brewed Soy Sauce
1 pinch of pepper
Additionally:
2 tbsp of rapeseed oil for frying
2 tbsp Kikkoman Naturally Brewed Soy Sauce
parsley for serving

PREPARATION

Step 1

150 g carrots - **100 g** celeriac - **1** onion - **1 bunch** of chives - **0.5 bunch** of parsley - **4** mint leaves
Grate the carrot and celeriac. Finely chop the onion, chives, parsley and mint and mix them with the vegetables.

Step 2

100 g whole wheat (whole meal) flour - **0.5 tsp** baking powder - **2** eggs - **100 ml** milk - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 pinch** of pepper
Sift the flour and mix it with the baking powder. Beat the eggs with milk and Kikkoman Soy Sauce. In a bowl, combine the dry ingredients with the wet ingredients to make a batter and add the vegetables with herbs. Season with pepper and mix thoroughly.

Step 3

2 tbsp of rapeseed oil for frying - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - parsley for serving
Heat a small amount of oil in a frying pan and reduce the heat. Spoon in batter to make small pancakes and fry on both sides. Serve them hot with herbs and Kikkoman Soy Sauce.