KIKKOMAN

Easy cheesy fried polenta

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

Nutritional facts (per portion):
915 kJ / 219 kcal

Fat: **8.9 g** Protein: **6 g**
Carbohydrates: **28.3 g**

INGREDIENTS

4 portion(s)

500 ml	water
150 g	polenta
3 tsp	Kikkoman Naturally Brewed Soy Sauce
1 pinch	sugar
1 pinch	ground nutmeg
1 pinch	black pepper
25 ml	olive oil
30 g	grated Parmesan cheese

PREPARATION

Step 1

Put the water on the hob and bring to the boil. Season with the sugar and Kikkoman soy sauce.

Step 2

When the water boils, add the polenta and stir constantly. Now reduce the heat and let the polenta simmer for about 10 minutes while continuing to stir.

Step 3

Then season with the olive oil, Parmesan cheese, pepper and nutmeg. Pour the polenta into a small springform pan and leave to cool. Once cooled, portion and sauté in a pan coated with a little oil.