KIKKOMAN

Exotic Indian veggie burger

Total time **40 mins** **15 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,979 kJ / 712 kcal

Fat: **26.5 g** Protein: **24.5 g**
Carbohydrates: **95 g**

INGREDIENTS

2 portion(s)

Patties:

50 g	millet
1	carrot
0.5	small courgette
1	egg
50 g	breadcrumbs
1 tsp	curry powder
0.5 tsp	ground turmeric
1 tsp	grated ginger
1 tbsp	Kikkoman Sauce for Poke Bowl
2 tbsp	olive oil

Salad:

80 g	white cabbage
1	small red onion
1 bunch	coriander
2 tbsp	Kikkoman Sauce for Poke Bowl
1 tbsp	yoghurt
0.25 tsp	curry powder
2	large naan bread

PREPARATION

Step 1

50 g millet - **1** carrot - **0.5** small courgette - **1** egg - **50 g** breadcrumbs
Rinse the millet in cold water, then scald with boiling water. Cover with double the amount of water and cook for 12 minutes until all the water is absorbed. Allow the cooked millet to cool and mix with finely grated carrot and grated courgette, egg and breadcrumbs.

Step 2

1 tsp curry powder - **0.5 tsp** ground turmeric - **1 tsp** grated ginger - **1 tbsp** Kikkoman Sauce for Poke Bowl - **2 tbsp** olive oil
Season the mixture with spices, ginger, and Kikkoman Poke Sauce. Form 2 patties and fry them on both sides in olive oil.

Step 3

80 g white cabbage - **1** small red onion - **1 bunch** of coriander - **2 tbsp** Kikkoman Sauce for Poke Bowl - **1 tbsp** yoghurt - **0.25 tsp** curry powder - **2** large naan bread
Shred the cabbage, slice the onion into rings, and tear the coriander into smaller pieces. Mix with the Kikkoman Poke Sauce, yoghurt and curry. Cut each naan bread in half. Place the prepared salad and patty on one half, and cover with the other half.