

Gilgeori toast (street food sandwich)

Total time **20 mins** 10 mins preparation time 10 mins cooking time

Nutritional facts (per portion):
2,185 kJ / 524 kcal

Fat: **22.4 g** Protein: **25.3 g**
Carbohydrates: **52.4 g**

INGREDIENTS

2 portion(s)

200 g	pointed cabbage
1	carrot
1	onion
1 tbsp	<u>Kikkoman Toasted Sesame Oil</u>
50 g	baby spinach leaves
4	eggs
2 tbsp	<u>Kikkoman Teriyaki Sauce with Roasted Garlic</u>
	Freshly ground pepper
2	wholegrain baguette rolls
1 tbsp	sea salt butter
3 tbsp	ketchup
2 tsp	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
1 tbsp	tomato purée
2	leaves of green lettuce, e.g. lollo bionda
	A few coriander leaves

PREPARATION

Step 1

200 g pointed cabbage - **1** carrot - **1** onion - **1 tbsp** Kikkoman Toasted Sesame Oil

Cut the pointed cabbage and carrot into strips. Peel the onion, slice into thin rings and fry everything in the heated Kikkoman Sesame Oil in a small pan for approx. 5 minutes.

Step 2

50 g baby spinach leaves - **4** eggs - **2 tbsp** Kikkoman Teriyaki Sauce with Roasted Garlic - Freshly ground pepper

Wash the spinach and chop very finely. Whisk the eggs with the Kikkoman Teriyaki Sauce with Garlic, season with the pepper and stir in the spinach.

Step 3

Pour the egg and spinach mixture over the vegetables and leave to set.

Step 4

2 wholegrain baguette rolls - **1 tbsp** sea salt butter - **3 tbsp** ketchup - **2 tsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **2 tbsp** tomato purée - **2** leaves of green lettuce, e.g. Lollo bionda - A few coriander leaves

Cut the baguette rolls open and roast the cut sides in a separate pan with the heated butter. Mix the ketchup with the Kikkoman Ponzu Lemon and tomato purée, then spread onto the cut sides of the rolls. Wash and pat the lettuce dry. Top the bottom halves of the rolls with the lettuce, then the vegetable-egg mixture and the coriander. Place the remaining roll halves on top and serve.

