

# Millet patties with mushrooms and cheese

Total time **10 mins 10 mins** preparation time

Nutritional facts (per portion):

2,135 kJ / 510 kcal

## **INGREDIENTS**

2 portion(s)

2 g

1 tbsp

<b>100</b> g	millet groats
2 tbsp	vegetable oil
<b>100</b> g	mushrooms
1	onion, chopped
2 tbsp	Kikkoman Naturally
	Brewed Soy Sauce
<b>50</b> g	grated cheese (e.g.
	Cheddar)
1	egg
1 tbsp	wheat flour
4 tbsp	breadcrumbs
2	tomatoes
1 tsp	Kikkoman Toasted

Sesame Oil

chopped coriander

roasted peanuts

Fat: **21 g** Protein: **20 g** Carbohydrates: **55 g** 

### **PREPARATION**

Step 1

100 g millet groats - 1 tbsp vegetable oil - 100 g mushrooms - 0.5 onion, chopped - 1 tbsp Kikkoman Naturally Brewed Soy Sauce
Cook the millet according to the packet instructions until fluffy. Finely slice the mushrooms. Heat 1 tbsp of oil in a pan and sauté the onion for 1 minute, then add the mushrooms and cook for 3-4 minutes until softened. Stir in the Kikkoman Soy Sauce, mix well and set aside to cool.

#### Step 2

**50 g** grated cheese (e.g. Cheddar) - **1** egg - **0.5 tbsp** <u>Kikkoman Naturally Brewed Soy Sauce</u> - **1 tbsp** wheat flour - **4 tbsp** breadcrumbs - **1 tbsp** vegetable oil

Once cooled, combine the sautéed mushrooms and onions with the millet. Add the grated cheese, egg, Kikkoman Soy Sauce and flour. Mix thoroughly and shape into patties (e.g. 6-8 small patties). Coat them in breadcrumbs and fry in the oil for 3–4 minutes on each side until golden.

#### Step 3

2 tomatoes - **0.5** onion, chopped - **0.5 tbsp**<u>Kikkoman Naturally Brewed Soy Sauce</u> - **1 tsp**<u>Kikkoman Toasted Sesame Oil</u> - **2 g** chopped

coriander - **1 tbsp** roasted peanuts

Dice the tomatoes and finely chop the onion. Add
the Kikkoman Soy Sauce, Kikkoman Sesame Oil and
chopped coriander. Mix well. Spoon the mixture
onto a plate with the fried millet patties and
sprinkle with the peanuts just before serving.