KIKKOMAN

Millet patties with mushrooms and cheese

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

Nutritional facts (per portion):
2,135 kJ / 510 kcal

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

INGREDIENTS

2 portion(s)

100 g	millet groats
2 tbsp	vegetable oil
100 g	mushrooms
1	onion, chopped
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
50 g	grated cheese (e.g. Cheddar)
1	egg
1 tbsp	wheat flour
4 tbsp	breadcrumbs
2	tomatoes
1 tsp	Kikkoman Toasted Sesame Oil
2 g	chopped coriander
1 tbsp	roasted peanuts

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** Kikkoman Naturally Brewed Soy Sauce - **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** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** Kikkoman Toasted Sesame Oil - **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.