KIKKOMAN

Millet porridge with caramelized banana

Total time **25 mins** **5 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
2,778 kJ / 664 kcal

Fat: **27.9 g** Protein: **15 g**
Carbohydrates: **86.4 g**

INGREDIENTS

2 portion(s)

120 g	millet (weight before cooking)
200 ml	coconut milk
1 tbsp	maple syrup
Topping	
2	bananas
2 tbsp	maple syrup
1 tsp	Kikkoman Toasted Sesame Oil
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	cocoa
1 tbsp	shelled pistachios

PREPARATION

Step 1

Rinse the millet first with cold water and then blanch with boiling water. Add to a saucepan and pour in twice the volume of water and boil. Turn down the heat, cover and cook for 12 minutes, until all the water is absorbed.

Step 2

Add maple syrup and coconut milk to the cooked millet. Stir and cover for 5 minutes.

Step 3

Cut the bananas lengthwise.

Step 4

Heat the Kikkoman Toasted Sesame Oil, Kikkoman Naturally Brewed Soy Sauce and maple syrup in a frying pan. Add bananas and caramelize them on both sides.

Step 5

Put the millet porridge into bowls and add bananas on top. Sprinkle everything with cocoa and pistachios. Other favourite nuts will also work in this dish.