

Pitta topped with spiced lentil cutlets and spinach

Total time **55 mins** 20 mins preparation time 25 mins cooking time 10 mins cooling time

Nutritional facts (per portion):
2,972 kJ / 710 kcal

Fat: **19 g** Protein: **22 g**
Carbohydrates: **109 g**

INGREDIENTS

2 portion(s)

Cutlets:

60 g millet groats
60 g red lentils
60 g Kikkoman Panko - Japanese style crispy bread crumbs
0.5 onion
1 tbsp chopped coriander
1 tsp ground paprika
1 tsp cumin
0.5 tsp black pepper
1 tbsp Kikkoman Naturally Brewed Soy Sauce
2.5 tbsp cooking oil
4 tbsp Kikkoman Teriyaki Sauce with Roasted Garlic

Additionally:

2 pittas
50 g spinach
1 red onion
Fresh coriander
1 bunch of chives

PREPARATION

Step 1

60 g millet groats - **60 g** red lentils

Place millet groats and red lentils together in a sieve, rinse them with cold water, and then with boiling water. Place in a pot with double the volume of water and bring to a boil.

Cook on low heat for 15 minutes, then set aside to cool.

Step 2

60 g Kikkoman Panko - Japanese style crispy bread crumbs **0.5** onion - **1 tbsp** chopped coriander - **1 tsp** ground paprika - **0.5 tsp** cumin - **0.5 tsp** black pepper - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce

Blend the slightly cooled millet groats and lentils with chopped onion, soy sauce, herbs, and spices. Add panko and mix thoroughly.

Step 3

With dampened hands, shape small cutlets.

Step 4

2.5 tbsp cooking oil - **4 tbsp** Kikkoman Teriyaki Sauce with Roasted Garlic

Fry cutlets in oil until they are golden brown on both sides. Then, add Teriyaki sauce and sauté for an additional 2 minutes.

Step 5

2 pittas

Meanwhile, grill the pittas on a heated pan.

Step 6

50 g spinach - **1** red onion - Fresh coriander - **1 bunch** of chives

When pittas are toasted, place spinach, thinly sliced red onion, chopped chives, coriander and the cooked cutlets on top.