KIKKOMAN

Seafood-curry gratin with béchamel bliss

Total time **50 mins** **20 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
4,408 kJ / 1,053 kcal

Fat: **56.2 g** Protein: **36.9 g**
Carbohydrates: **97.5 g**

INGREDIENTS

2 portion(s)

150 g	Sushi Rice
Seafood:	
60 g	Carrots
60 g	Onion
30 g	Celery
1	Garlic clove
40 g	Butter
300 g	Mixed seafood (Squid, Mussels, Shrimps, Cuttlefish, Octopus)
60 ml	Kikkoman Naturally Brewed Soy Sauce
1 tsp	Curry powder
Béchamel Sauce:	
30 g	Butter
30 g	Wheat flour
250 ml	Milk
30 g	Kikkoman Panko - Japanese style crispy bread crumbs
Garnish:	
1 tbsp	Chives

PREPARATION

Step 1

Seafood:

150 g Sushi rice - **60 g** Carrots - **60 g** Onion - **30 g** Celery - **1** Garlic clove - **40 g** Butter - **300 g** Mixed seafood (Squid, Mussels, Shrimps, Cuttlefish, Octopus) - **60 ml** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** Curry powder

Cook the rice according to the instructions on the packet. Leave to cool and place in an oven dish. Cut the washed carrot and celery into small cubes, dice the onion, chop the garlic, and fry everything in butter until golden brown. Then add the seafood mixture and fry for a further 3 minutes. Finally, season with Kikkoman Soy Sauce and curry powder. Place in a bowl with the rice.

Step 2

30 g Butter - **30 g** Wheat flour - **250 ml** Milk - **30 ml** Kikkoman Naturally Brewed Soy Sauce - **1 pinch** Pepper

Melt the butter, add the flour and fry for 2 minutes, then add the milk and stir vigorously to remove any lumps. Bring to a boil and season with Kikkoman Soy Sauce and pepper. Pour over the rice with seafood from step 1.

Step 3

100 g Mozzarella in marinade - **30 g** Kikkoman Panko - Japanese style crispy bread crumbs - **1 tbsp** Chives

Shred the mozzarella by hand onto the top of the doria and sprinkle with Kikkoman Panko. Bake at 200 °C for 25 minutes. Chop the chives.

Serve the finished dish on a plate and garnish with

chopped chives.