KIKKOMAN

Shabu-shabu beef and veg hotpot

Total time **80 mins** **20 mins** preparation time **20 mins** cooking time **40 mins** cooling time

Nutritional facts (per portion):
2,311 kJ / 552 kcal

Fat: **30.3 g** Protein: **32 g**
Carbohydrates: **28.9 g**

INGREDIENTS

2 portion(s)

Broth:

1 litre	Instant dashi broth
80 g	Carrots
80 g	Chinese cabbage
80 g	Shimeji mushrooms (fresh)
50 g	Shiitake mushrooms (fresh)
90 g	Natural Tofu
40 ml	Kikkoman Naturally Brewed Soy Sauce

Side dishes:

150 g	Beef tenderloin
80 g	Broccoli
50 g	Tempura flour
45 ml	Water
30 g	Kikkoman Panko - Japanese style crispy bread crumbs
150 ml	Rapeseed oil
80 g	Boiled beetroot
1 tsp	Kikkoman Toasted Sesame Oil
10 g	Pickled ginger

Sauce:

80 ml	Kikkoman Naturally Brewed Soy Sauce
20 g	White radish

Garnish:

1 tbsp	Spring onion

PREPARATION

Step 1

Broth:

1 litre Instant dashi broth - **80 g** Carrots - **80 g** Chinese cabbage - **80 g** Shimeji mushrooms (fresh) - **50 g** Shiitake mushrooms (fresh) - **90 g** Natural Tofu - **40 ml** Kikkoman Naturally Brewed Soy Sauce

Prepare the dashi broth according to the instructions on the packet. Cut the carrots and cabbage into smaller pieces. Clean the mushrooms. Add the vegetables to the broth and cook for about 10 minutes. Finally, add the diced tofu and Kikkoman Soy Sauce.

Step 2

150 g Beef tenderloin

Place the beef in the freezer for about 40-50 minutes. After cooling, cut the meat into thin slices.

Step 3

80 g Broccoli - **50 g** Tempura flour - **45 ml** Water - **30 g** Kikkoman Panko - Japanese style crispy bread crumbs - **150 ml** Rapeseed oil

Clean the broccoli and cut into smaller pieces if necessary. Mix the water with the tempura flour and coat the broccoli in the batter. Then coat with the Kikkoman Panko and fry in hot oil for 3-5 minutes until golden brown.

Step 4

80 g Boiled beetroot - **1 tsp** Kikkoman Toasted Sesame Oil - **10 g** Pickled ginger - **20 ml** Lemon juice

Cut the beetroot into sticks like French fries and

mix it with the Kikkoman Sesame Oil, chopped ginger and lemon juice.

Step 5

80 g Kikkoman Naturally Brewed Soy Sauce - **20 g** White radish - **1 tbsp** Spring onion

Grate the radish finely and mix with the Kikkoman Soy Sauce.

Chop the spring onion. Place the ready broth on the table and put the side dishes onto separate plates. Dip the beef in the broth for 10-15 seconds, choose toppings to taste and dip in the sauce. Place the ready broth on the table, decorate with the chopped spring onion.