KIKKOMAN

Soy-glazed cabbage katsu bake

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
2,133.8 kJ / 510 kcal

Fat: **33 g** Protein: **21 g**
Carbohydrates: **32 g**

INGREDIENTS

2 portion(s)

Meatballs:

250 g	minced beef
250 g	cabbage, cut into 1 cm cubes
0.5	onion, cut into 1 cm cubes
6 tbsp	Kikkoman Panko - Japanese style crispy bread crumbs
2	eggs
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	pepper

Coating:

90 g	Kikkoman Panko - Japanese style crispy bread crumbs
2 tbsp	parmesan cheese powder
2 tbsp	olive oil

Sauce:

3 tbsp	red wine
3 tbsp	ketchup
2 tbsp	Worcestershire sauce
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	sugar

PREPARATION

Step 1

250 g minced beef - **250 g** cabbage, cut into 1 cm cubes - **0.5** onion, cut into 1 cm cubes - **6 tbsp** Kikkoman Panko - Japanese style crispy bread crumbs - **2** eggs - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** black pepper
Mix all the ingredients in a bowl until the meat and vegetables are well blended. Place in a heatproof baking dish (approx. 18 x 10 cm).

Step 2

90 g Kikkoman Panko - Japanese style crispy bread crumbs - **2 tbsp** parmesan cheese powder - **2 tbsp** olive oil
Mix all the ingredients, then place them on top of the mixture from Step 1 in the baking dish. Place in the oven at 200 °C for 20 minutes.

Step 3

3 tbsp red wine - **3 tbsp** ketchup - **2 tbsp** Worcestershire sauce - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** sugar
While baking, prepare the sauce. Put the ingredients in a small saucepan and cook, stirring constantly, for 5 minutes until it thickens. Serve the dish with the sauce.