

Tsukune Turkey Skewers

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

Nutritional facts (per portion):
992 kJ / 237 kcal

Fat: **7.2 g** Protein: **26.7 g**
Carbohydrates: **15.5 g**

INGREDIENTS

4 portion(s)

for the tsukune:

500 g turkey thigh mince
2 tbsp Kikkoman Naturally
Brewed Soy Sauce
3 spring onions, finely
chopped
1 tsp finely chopped or grated
ginger
2 garlic cloves, crushed
2.5 tbsp cornflour

for the soy glaze:

50 ml Kikkoman Naturally
Brewed Soy Sauce
50 ml mirin
25 ml sake (or dry sherry)
25 ml water
2 tsp soft light brown sugar

to garnish:

finely shredded spring
onion
veg oil to grease
You will also need 12
medium-sized wooden
skewers

PREPARATION

Step 1

Soak the wooden skewers in cold water for at least 30 minutes to prevent them burning. Preheat oven to 200C/180C Fan/Gas 6.

Step 2

Mix the soy glaze ingredients in a small pan and simmer on a medium heat for 10 minutes until reduced by half. Leave to cool to room temperature.

Step 3

Meanwhile put the tsukune ingredients in a large bowl. Mix well with clean hands, until everything is evenly distributed. Roll into about 24 mini meatballs. Chill for 30 minutes to firm up.

Step 4

Add two or three meatballs to each soaked skewer (depending on how big the skewers are), and place onto an oiled tray.

Step 5

Bake the skewers for 15 minutes, turning and brushing generously with the glaze a couple of times, until cooked through and golden. Scatter with the spring onion to serve.