KIKKOMAN

Vegan kabayaki sushi

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

Nutritional facts (per portion):
1,824 kJ / 435 kcal

Fat: **5.9 g** Protein: **10.4 g**
Carbohydrates: **79.5 g**

INGREDIENTS

2 portion(s)

150 g	sushi rice
210 ml	water
3 tbsp	Kikkoman Seasoning for Sushi Rice (125ml)
2	aubergines
1 tbsp	sunflower oil
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	Kikkoman Mirin-Style Sweet Cooking Seasoning
2 tbsp	sugar
2 tbsp	sake (or sweet white wine)
1 tbsp	water (for the sauce)
10 g	finely chopped spring onions
	A little shichimi chilli pepper or chilli powder

PREPARATION

Step 1

150 g sushi rice - **210 ml** water - **3 tbsp** Kikkoman Seasoning for Sushi Rice (125ml) - **2** aubergines
Wash the rice 3-4 times and drain in a colander, then place it with the water in a saucepan and soak for 20 minutes before cooking. Cook the rice and when it's still hot mix it with the Kikkoman Seasoning for Sushi Rice to make sushi rice.

Remove the stem of the aubergines and peel them.

Wrap the whole aubergines in cling film and heat in a microwave at 800 W for 2 minutes.

Step 2

1 tbsp sunflower oil
Open the aubergines like a double door and score lines on the inside with a fork. Pour the sunflower oil into a pan and fry the aubergines on both sides until they are browned.

Step 3

2 tbsp Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** Kikkoman Mirin-Style Sweet Cooking Seasoning - **2 tbsp** sugar - **2 tbsp** sake (or sweet white wine) - **1 tbsp** water (for the sauce)
Put the Kikkoman Soy Sauce, Kikkoman Mirin-Style Sweet Seasoning, sugar, sake (or sweet white wine) and water into a saucepan and simmer the aubergines for about 5 minutes. Remove the aubergines and leave to cool. Once they have cooled, remove any excess water with kitchen paper.

Step 4

10 g finely chopped spring onions - Some shichimi chilli pepper or chilli powder
Cut the aubergines diagonally into pieces and shape small nigiri (balls of sushi rice) with the rice and aubergines, adjusting the size to your preference.

Cook the remaining sauce in the pan to reduce and thicken it and pour the sauce over the nigiri.

Chop the spring onions into small pieces and sprinkle on top. Finish with a pinch of shichimi chilli pepper or chilli powder.