KIKKOMAN

Vegetable croquettes with a tomato and soy sauce

Total time **60 mins** **10 mins** preparation time **50 mins** cooking time

Nutritional facts (per portion):
2,275 kJ / 542 kcal

Fat: **23.4 g** Protein: **12.1 g**
Carbohydrates: **66.4 g**

INGREDIENTS

4 portion(s)

800 g	potatoes
50 g	broccoli
50 g	cauliflower
8	small button mushrooms (tinned)
4	cherry tomatoes
1	egg
4.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
	freshly ground pepper
50 g	flour
9 tbsp	Kikkoman Panko - Japanese style crispy bread crumbs
200 ml	tomato juice
6	green olives (pitted, not stuffed)
0.5 tsp	sugar
	cayenne pepper
40 g	baby rocket leaves
	vegetable oil for deep frying

PREPARATION

Step 1

Peel and wash the potatoes, cook in boiling salted water for approx. 20 minutes, drain and then mash or puree.

Step 2

Slice off the broccoli and cauliflower florets, wash and blanch. Drain the mushrooms well. Wash the cherry tomatoes.

Step 3

Coat each of the vegetable pieces in the mashed potato, one by one.

Step 4

Whisk the egg with 2 tbsp. of soy sauce and some pepper in a bowl. Put the flour and the panko breadcrumbs in separate bowls. Take the potato-coated vegetable pieces one by one and dip them in the bowls, coating them in flour first, then in egg and finally in the panko breadcrumbs.

Step 5

To make the tomato and soy sauce, bring the tomato juice to the boil, add the olives and season to taste with the remaining soy sauce and sugar (or sweet soy sauce) and cayenne pepper. Puree the sauce just before serving.

Step 6

Wash and spin dry the rocket leaves and tear them into bite-sized pieces if necessary.

Step 7

Heat the oil, deep fry the potato-coated vegetable pieces until golden brown and place on kitchen paper to drain. Arrange the vegetable croquettes and the tomato and soy sauce on plates, garnish with rocket and serve.