KIKKOMAN

Vegetarian Wellington

Total time **95 mins** **15 mins** preparation time **80 mins** cooking time

Nutritional facts (per portion):
3,900,932 kJ / 932 kcal

Fat: **51.5 g** Protein: **25.6 g**
Carbohydrates: **88.3 g**

INGREDIENTS

2 portion(s)

4	beetroot
600 ml	water
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
200 ml	dry red wine
50 ml	wine vinegar
80 g	sugar
3	cloves of garlic
1 tbsp	mustard seeds
1	sprig of thyme
50 g	millet
1	onion
300 g	mushrooms
2 tbsp	olive oil
1 tbsp	thyme leaves
1 tsp	pepper
4	savoy cabbage leaves
275 g	puff pastry

To coat the pastry:

2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	water

PREPARATION

Step 1

4 beetroot - **600 ml** water - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **200 ml** dry red wine - **50 ml** wine vinegar - **80 g** sugar - **1** garlic clove - **1 tbsp** mustard seeds - **1** sprig of thyme
Wash and peel the beetroot. Place in a saucepan and cover with water, soy sauce, wine and vinegar. Add the sugar, lightly crushed garlic clove, mustard seeds and thyme. Cover and cook until the beetroot is soft, then remove it from the marinade and leave to cool.

Step 2

50 g millet - **300 g** mushrooms - **1** onion - **2** cloves of garlic - **2 tbsp** olive oil - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** thyme leaves - **1 tsp** pepper
Cook the millet according to the packet instructions. Slice the mushrooms, and chop the onion and garlic. Fry the onion in olive oil, add the mushrooms and cook for about 3 minutes. Add the garlic and cook for a further minute. Season with Kikkoman Soy Sauce, thyme, and pepper, and mix well. Add the cooked millet to the mushrooms, mix and blend into a not-quite-smooth paste. Set aside to cool.

Step 3

4 savoy cabbage leaves - **275 g** puff pastry - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** water
Blanch the cabbage leaves for about 5 minutes, then briefly place them in a bowl of cold water. Pat them dry.

Roll out the puff pastry. Spread half of the mushroom mixture along the centre of the longer edge. Lay out the cabbage leaves and place the beetroot on top. Cover with the remaining filling and press it against the beetroot, then wrap in the cabbage leaves. Fold the remaining sides of the pastry over the filling.

Mix 2 tbsp of Kikkoman Soy Sauce with 1 tbsp of water and brush the top of the pastry with the mixture.

Place in a preheated oven at 200 °C and bake for 20 minutes.