KIKKOMAN

Veggie nuggets with miso dip

INGREDIENTS

4 portion(s)

Veggie Nuggets:

0.5	cauliflower
0.5	broccoli
50 ml	Kikkoman Naturally Brewed Soy Sauce
50 ml	water
50 ml	wheat flour
75 g	Kikkoman Panko - Japanese style crispy bread crumbs
	Oil for frying

Miso Dip:

2 tbsp	brown miso paste
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
3 tbsp	lime juice
4 tbsp	olive oil
	Fresh coriander
	Black sesame seeds
	Lime

PREPARATION

Step 1

Cut cauliflower and broccoli in florets. Blanch the florets in boiling salted water for 1-2 minutes and then place the florets in water with ice.

Step 2

Mix soy sauce, water, and flour to a thin batter (consistency like thin yoghurt). Cover the vegetables in the batter and then cover them with panko breadcrumbs. Fry the vegetables right away in 180°C hot oil. Fry the vegetables in smaller batches so the oil doesn't lose heat. Fry the florets for approx. 3 minutes or until golden and crisp.

Step 3

Mix miso paste, soy sauce, lime juice and olive oil to a dip and sprinkle with black sesame seeds. Serve veggie nuggets with fresh coriander, lime and miso dip as a snack or starter.