

Chicken and panko-stuffed aubergine and courgette with mushroom sauce

Total time 40 mins 10 mins preparation time 30 mins cooking time

Nutritional facts (per portion):

1324 kJ / 315 kcal

INGREDIENTS

4 portion(s)

1 spring onion

80 g tofu

200 g minced chicken or turkey

1 egg white

3.5 tbsp Kikkoman Panko -

Japanese style crispy

bread crumbs

3.5 tbsp Kikkoman Teriyaki BBQ-

Sauce with Honey freshly ground pepper

1 aubergine (or large

courgette)

4.5 tbsp potato starch (or

cornflour)

200 g shiitake mushrooms (or

regular mushrooms)

1 tbsp butter

2.5 tbsp Kikkoman Naturally

Brewed Sweet Soy Sauce

2 tbsp vegetable oil

Fat: **12.9** g Protein: **18.5** g Carbohydrates: **28.6** g

PREPARATION

Step 1

To make the filling, wash, trim and finely dice the spring onions. Drain and dice or crush the tofu. Mix together the minced chicken, egg white, spring onions, tofu and 3 tbsp. Kikkoman Panko and season with 1 tbsp. Kikkoman Teriyaki BBQ-Sauce Honey and a little pepper. If the filling is too wet, add some more panko breadcrumbs.

Step 2

Wash and top and tail the aubergine (or courgette) and cut into slices approx. 3 mm thick. Coat one side of each slice in potato starch, then spoon a little filling onto the same side. Take two slices and sandwich them together, ensuring that the sides with the filling are facing inwards. Press the edges together carefully. Do the same with the other slices.

Step 3

Trim the mushrooms, cut into pieces if necessary, fry in melted butter and season with sweet soy sauce (or <u>Kikkoman Soy Sauce</u> and sugar) and pepper.

Step 4

Fry the vegetable 'sandwiches' on both sides in hot oil, remove from the pan and keep warm. Pour the remaining Kikkoman Teriyaki BBQ-Sauce Honey into the pan and heat through. Glaze the 'sandwiches' in the sauce and arrange on plates.

Garnish with the mushrooms (and spring onion rings if you like) and serve.