

# 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**

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

## INGREDIENTS

4 portion(s)

<b>1</b>	spring onion
<b>80 g</b>	tofu
<b>200 g</b>	minced chicken or turkey
<b>1</b>	egg white
<b>3.5 tbsp</b>	Kikkoman Panko - Japanese style crispy bread crumbs
<b>3.5 tbsp</b>	Kikkoman Teriyaki BBQ- Sauce with Honey freshly ground pepper
<b>1</b>	aubergine (or large courgette)
<b>4.5 tbsp</b>	potato starch (or cornflour)
<b>200 g</b>	shiitake mushrooms (or regular mushrooms)
<b>1 tbsp</b>	butter
<b>2.5 tbsp</b>	Kikkoman Naturally Brewed Sweet Soy Sauce
<b>2 tbsp</b>	vegetable oil

## 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 [Kikkoman Soy Sauce](#) 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.