KIKKOMAN

Carrot and celeriac pancakes with herbs

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
1,846 kJ / 441 kcal

Fat: **16 g** Protein: **20 g**
Carbohydrates: **46 g**

INGREDIENTS

2 portion(s)

150 g	carrots
100 g	celeriac
1	onion
1 bunch	of chives
0.5 bunch	of parsley
4	mint leaves
100 g	whole wheat (whole meal) flour
0.5 tsp	baking powder
2	eggs
100 ml	milk
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 pinch	of pepper

Additionally:

2 tbsp	of rapeseed oil for frying
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
	parsley for serving

PREPARATION

Step 1

150 g carrots - **100 g** celeriac - **1** onion - **1 bunch** of chives - **0.5 bunch** of parsley - **4** mint leaves
Grate the carrot and celeriac. Finely chop the onion, chives, parsley and mint and mix them with the vegetables.

Step 2

100 g whole wheat (whole meal) flour - **0.5 tsp** baking powder - **2** eggs - **100 ml** milk - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 pinch** of pepper
Sift the flour and mix it with the baking powder. Beat the eggs with milk and Kikkoman Soy Sauce. In a bowl, combine the dry ingredients with the wet ingredients to make a batter and add the vegetables with herbs. Season with pepper and mix thoroughly.

Step 3

2 tbsp of rapeseed oil for frying - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - parsley for serving
Heat a small amount of oil in a frying pan and reduce the heat. Spoon in batter to make small pancakes and fry on both sides. Serve them hot with herbs and Kikkoman Soy Sauce.