

Courgette and carrot pancakes

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

Nutritional facts (per portion):
1,297 kJ / 310 kcal

Fat: **16.2 g** Protein: **6.5 g**
Carbohydrates: **23 g**

INGREDIENTS

2 portion(s)

100 g	cooked millet
0.25	courgette
1	carrot
1	egg
0.5 tsp	pepper
1 tbsp	chopped parsley
3 tbsp	olive oil
0.5	red peppers
1	tomato
0.25	onion
1 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tbsp	lemon juice

PREPARATION

Step 1

100 g cooked millet - **0.25** courgette - **1** carrot - **1** egg - **0.5 tsp** pepper - **1 tbsp** chopped parsley - **2 tbsp** olive oil

Wash the courgette, wash and peel the carrot. Grate the vegetables. Mix the cooked millet with grated vegetables and egg, and season with pepper and parsley. Shape into small pancakes and fry in olive oil until golden brown.

Step 2

0.5 red pepper - **1** tomato - **0.25** onion - **1 tbsp** olive oil - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** lemon juice

Slice the pepper, tomato and onion and mix with the Kikkoman Soy Sauce, olive oil and lemon juice. Serve with the pancakes.