KIKKOMAN

Crispy aubergine & camembert salad

Total time **50 mins** **15 mins** preparation time **35 mins** cooking time

Nutritional facts (per portion):
3,456 kJ / 826 kcal

Fat: **60 g** Protein: **25 g**
Carbohydrates: **53 g**

INGREDIENTS

2 portion(s)

600 g	aubergine
2	eggs
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
3 tsp	sriracha
1	garlic clove, finely chopped
40 g	Kikkoman Panko - Japanese style crispy bread crumbs
105 ml	olive oil
4 handful	rocket
80 g	camembert
50 g	red onion
30 g	walnuts
2 tbsp	pomegranate seeds
2 tsp	honey
1 tsp	fresh thyme, chopped

PREPARATION

Step 1

600 g aubergine
Pierce the aubergine, wrap it in aluminium foil and bake for 30 minutes at 200°C (top and bottom heat). Take the aubergine out of the aluminum foil. Leave to cool, then peel and mash the flesh with a fork into patty shapes.

Step 2

2 eggs - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **3 tsp** sriracha - **1** garlic clove, finely chopped - **40 g** Kikkoman Panko - Japanese style crispy bread crumbs - **75 ml** olive oil
Beat the eggs with the Kikkoman Less Salt Soy Sauce, sriracha and garlic. Coat the patties in the egg and Kikkoman Panko, then fry in olive oil until golden on both sides.

Step 3

4 handful rocket - **80 g** camembert - **50 g** red onion - **30 g** walnuts - **2 tbsp** pomegranate seeds - **2 tbsp** olive oil - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tsp** honey - **1 tsp** fresh thyme, chopped
Arrange the rocket, camembert, onion, walnuts and pomegranate in a lunchbox. Whisk the olive oil with the Kikkoman Less Salt Soy Sauce, honey and thyme, and drizzle over the salad. Serve with the aubergine patty.