

# Easy cheesy fried polenta

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

Nutritional facts (per portion):  
**915 kJ / 219 kcal**

Fat: **8.9 g** Protein: **6 g**  
Carbohydrates: **28.3 g**

## INGREDIENTS

4 portion(s)

<b>500 ml</b>	water
<b>150 g</b>	polenta
<b>3 tsp</b>	<u>Kikkoman Naturally Brewed Soy Sauce</u>
<b>1 pinch</b>	sugar
<b>1 pinch</b>	ground nutmeg
<b>1 pinch</b>	black pepper
<b>25 ml</b>	olive oil
<b>30 g</b>	grated Parmesan cheese

## PREPARATION

### Step 1

Put the water on the hob and bring to the boil.  
Season with the sugar and Kikkoman soy sauce.

### Step 2

When the water boils, add the polenta and stir constantly. Now reduce the heat and let the polenta simmer for about 10 minutes while continuing to stir.

### Step 3

Then season with the olive oil, Parmesan cheese, pepper and nutmeg. Pour the polenta into a small springform pan and leave to cool. Once cooled, portion and sauté in a pan coated with a little oil.