

# Fillet steaks in fig and mustard sauce

Total time **50 mins** 50 mins preparation time

Nutritional facts (per portion):  
**3419 kJ / 817 kcal**

Fat: **37.4 g** Protein: **43.9 g**  
Carbohydrates: **74.5 g**

## INGREDIENTS

4 portion(s)

<b>600 g</b>	floury potatoes
<b>1</b>	egg yolk
<b>150 g</b>	flour
<b>7 tbsp</b>	<a href="#">Kikkoman Teriyaki Sauce with Roasted Garlic</a>
	Ground nutmeg
<b>1</b>	egg
<b>60 g</b>	<a href="#">Kikkoman Panko - Japanese style crispy bread crumbs</a>
<b>5 tbsp</b>	vegetable oil
<b>4</b>	fillet steaks (each approx. 150 g)
<b>0.5 tsp</b>	mixed, coarsely ground pepper
<b>1 tsp</b>	mustard seeds
<b>200 ml</b>	dairy cream
<b>2.5 tbsp</b>	fig mustard
<b>2 tbsp</b>	<a href="#">Kikkoman Naturally Brewed Soy Sauce</a>

## PREPARATION

### Step 1

Peel the potatoes, wash them and cook in water for approx. 20 minutes.

### Step 2

Mash the potatoes, mix with egg yolk and flour and season with 3 tbsp. teriyaki marinade and nutmeg. Form the potato mixture into little balls, cover them with the beaten egg and then coat with breadcrumbs. Fry in approx. 5 tbsp. hot oil in a small pan until golden brown.

### Step 3

Dab the steaks dry. Stir together the remaining teriyaki marinade, pepper and mustard seeds, brush the marinade onto the steaks and leave to marinate.

### Step 4

Fry the steaks in the remaining hot oil according to preference. Remove and keep warm. Add the cream and fig mustard to the frying juices, bring to the boil, reduce slightly and season with soy sauce and pepper.

### Step 5

Serve the steaks with the potato croquettes.