

Japanese style enoki mushroom bacon wraps recipe

Total time **30 mins**

Nutritional facts (per portion):
490 kJ / 117 kcal

Fat: **7.7 g** Protein: **6.3 g**
Carbohydrates: **6.1 g**

INGREDIENTS

6 portion(s)

- 6** small bunches (about 15-20 thin mushrooms in each bunch) of enoki, cleaned
 - 6** rashers smoked streaky bacon
 - 2 tbsp** maple syrup
 - 2 tbsp** Kikkoman Naturally Brewed Soy Sauce
 - 1 tsp** sesame seeds
- you may also need 6 cocktail sticks

PREPARATION

Step 1

Heat the oven to 220C/fan 200C/gas 7. Line a shallow baking tray with foil.

Step 2

Wrap the mushrooms in the bacon slices, leaving the caps exposed. Use a cocktail stick to secure if you need to. Transfer to the baking tray.

Step 3

Mix the maple and soy sauce, and brush generously over the wraps. Cook for 10 minutes, then drain any water released from the bacon away, as this will prevent them from browning. Brush with the glaze again, and cook for another 10-15 minutes until the bacon is cooked, sticky and golden.

Step 4

Remove the cocktail sticks, give them a final glaze, sprinkle with the sesame seeds and bake again for another few minutes to toast the seeds. Serve straight away.