KIKKOMAN

Japanese-style meat pie

Total time **30 mins** **5 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,405.8 kJ / 575 kcal

Fat: **38.8 g** Protein: **27.2 g**
Carbohydrates: **36.8 g**

INGREDIENTS

2 portion(s)

200 g	square puff pastry sheets
1	egg
1 tbsp	Kikkoman Toasted Sesame Oil
150 g	minced beef
2	spring onions
4	mushrooms
1 tbsp	miso
1 tbsp	sugar
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	water
1 tbsp	cornflour or potato starch (dissolve with an additional tbsp of water)
1 pinch	of black pepper
	Parsley (for decoration)

PREPARATION

Step 1

1 tbsp Kikkoman Toasted Sesame Oil - **150 g** minced beef - **2** spring onions - **4** mushrooms - **1 tbsp** miso - **1 tbsp** sugar - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** water - **1 tbsp** cornflour or potato starch (dissolve with an additional tbsp of water) - **1 pinch** of black pepper
Preparation - filling:

Slice the onions and finely chop the mushrooms. Heat the Kikkoman Sesame Oil in a pan and fry the mushrooms and spring onions. When they are soft, add the minced beef.
Once cooked, add the miso, sugar, Kikkoman Soy Sauce, water and black pepper. Once the miso has dissolved and is evenly mixed, add the starch solution and mix everything well.

Step 2

200 g square puff pastry sheets
Unroll the puff pastry sheets and cut them into 8 squares (8 x 8 cm), then cut 4 of them into 4 long strips (2 x 8 cm each).

Step 3

1 egg - **1** filling made in step 1
Brush all the surfaces with the egg. Lay the 4 strips on all edges. Place the filling prepared in step 1 in the middle and brush the edges again with the egg. Bake in a preheated oven at 200 °C for 10 minutes. Sprinkle the chopped parsley on top before serving.