KIKKOMAN

Mini turkey patties with yoghurt dip

Total time **15 mins** **10 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
2,135 kJ / 510 kcal

Fat: **24 g** Protein: **34 g**
Carbohydrates: **36 g**

INGREDIENTS

2 portion(s)

200 g	minced turkey meat
3	eggs (1 raw and 2 hard-boiled)
1.25 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	pepper
3 tbsp	Kikkoman Panko - Japanese style crispy bread crumbs
1.5 tbsp	vegetable oil
	A few lettuce leaves
0.5	red onion
50 g	tinned sweetcorn
1 tbsp	plain yoghurt

PREPARATION

Step 1

200 g minced turkey meat - **1** egg (raw) - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** pepper - **3 tbsp** Kikkoman Panko - Japanese style crispy bread crumbs - **1.5 tbsp** vegetable oil
Mix the minced turkey, egg, Kikkoman Soy Sauce, pepper and 1 tbsp Kikkoman Panko. Shape into patties, coat with the remaining Kikkoman Panko and fry on each side in the vegetable oil until golden and cooked through.

Step 2

A few lettuce leaves - **0.5** red onion - **50 g** tinned sweetcorn - **1 tbsp** plain yoghurt - **0.25 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2** hard-boiled eggs
Slice the red onion thinly and toss with the lettuce and tinned sweetcorn in a bowl. Mix the yoghurt with the Kikkoman Soy Sauce to make a simple dressing, then add it to the salad and mix well. Quarter the eggs and place on top. Serve the patties with the salad.