KIKKOMAN

Mushroom dumplings in carrot sauce

Total time **50 mins** **15 mins** preparation time **35 mins** cooking time

Nutritional facts (per portion):
2,210 kJ / 528 kcal

Fat: **16.5 g** Protein: **16.5 g**
Carbohydrates: **77 g**

INGREDIENTS

2 portion(s)

Sauce:

3	carrots
1	onion
1 tsp	turmeric
0.5 tsp	ground coriander
2	cloves garlic
1 tbsp	olive oil
400 ml	water
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce

Meatballs:

100 g	millet
1	onion
120 g	button mushrooms
1 tbsp	lemon juice
1 tbsp	olive oil
2 tbsp	chopped parsley
2 tbsp	chopped chives
1 pinch	of pepper
1 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
	rapeseed oil for frying

Additionally:

1	jalapeno pepper
	parsley for garnish
100 g	couscous

PREPARATION

Step 1

Thinly slice the carrots and onion. Mix with the spices and crushed garlic (using a garlic press) and sauté in olive oil. Pour in the water and simmer over low heat until tender. Season with Kikkoman Less Salt Soy Sauce and blend into a smooth sauce.

Step 2

Rinse the millet and scald it with boiling water. Then, add double the amount of water and bring it to a boil. Reduce the heat and cook for 12 minutes.

Step 3

Dice the onion, grate the mushrooms using a grater, and mix with lemon juice. Sauté the mixture in olive oil until the mushrooms soften, and the liquid evaporates from them.

Step 4

To the cooked millet, add the mushrooms with onion, add herbs, pepper, and Kikkoman Less Salt Soy Sauce. Mix everything and shape into small balls, then fry them in oil until they turn golden brown. Serve them with carrot sauce, chopped jalapeno pepper, parsley, and couscous.