

## **Mushroom dumplings in carrot sauce**

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

Nutritional facts (per portion):

2210 kJ / 528 kcal

## **INGREDIENTS**

2 portion(s)

Sauce:

3 carrots1 onion1tsp turmeric

0.5 tsp ground coriander2 cloves garlic1 tbsp olive oil400 ml water

**2 tbsp** Kikkoman Naturally

**Brewed Less Salt Soy** 

Sauce

**Meatballs:** 

**100** g millet **1** onion

**120** g button mushrooms

1 tbsp lemon juice1 tbsp olive oil

2 tbsp chopped parsley2 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

Fat: 16.5 g Protein: 16.5 g

Carbohydrates: 77 g

## **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.