

Panko fritters: onion rings & padron peppers

Total time **20 mins** 15 mins preparation time 5 mins cooking time

Nutritional facts (per portion):
3,717 kJ / 891 kcal

Fat: **54.2 g** Protein: **16.9 g**
Carbohydrates: **80.2 g**

INGREDIENTS

2 portion(s)

For the umami dip:

60 g mayonnaise
2 tsp Kikkoman Teriyaki Wok Sauce with Roasted Garlic

For the padron peppers and onion rings:

8 padron peppers
1 large onion
80 g plain flour
1 tsp potato starch
1 tsp baking powder
Black pepper, freshly ground
2 tbsp Kikkoman Teriyaki Wok Sauce with Roasted Garlic
1 egg
100 ml cold water
100 g Kikkoman Panko - Japanese style crispy bread crumbs
1 tbsp white sesame seeds
1 tbsp black sesame seeds
Oil, for frying

PREPARATION

Step 1

60 g mayonnaise - **2 tsp** Kikkoman Teriyaki Wok Sauce with Roasted Garlic

For the umami dip, mix the mayonnaise with the Kikkoman Teriyaki Wok Sauce Roasted Garlic.

Step 2

8 padron peppers - **1** large onion - **80 g** plain flour - **1 tsp** potato starch - **1 tsp** baking powder - Black pepper, freshly ground - **2 tbsp** Kikkoman Teriyaki Wok Sauce with Roasted Garlic - **1** egg - **100 ml** cold water - **100 g** Kikkoman Panko - Japanese style crispy bread crumbs - **1 tbsp** white sesame seeds - **1 tbsp** black sesame seeds

Wash the padron peppers, then peel the onion and cut into rings about 1 cm thick. For the batter, mix the flour, potato starch, baking powder and pepper. Stir in the Kikkoman Teriyaki Wok Sauce Roasted Garlic, egg and cold water, and pour into a shallow bowl. Mix the Kikkoman Panko with the sesame seeds and place in another shallow bowl.

Step 3

Oil, for frying

Dip the padrons and onion rings first in the batter, let the excess drip off, then coat them in the Kikkoman Panko mixture and deep-fry in hot oil for 4–7 min, or cook in the air fryer for 8–10 min, until crispy and golden. Drain the padrons and onion rings on kitchen paper and serve with the umami dip.