KIKKOMAN

Pitta topped with spiced lentil patties and spinach

Total time **55 mins** **20 mins** preparation time **25 mins** cooking time **10 mins** cooling time

Nutritional facts (per portion):
2,972 kJ / 710 kcal

Fat: **19 g** Protein: **22 g**
Carbohydrates: **109 g**

INGREDIENTS

2 portion(s)

Patties:

60 g	millet grain
60 g	red lentils
60 g	Kikkoman Panko - Japanese style crispy bread crumbs
0.5	onion
1 tbsp	chopped coriander
1 tsp	ground paprika
1 tsp	cumin
0.5 tsp	black pepper
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
2.5 tbsp	cooking oil
4 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic

Additionally:

2	pittas
50 g	spinach
1	red onion
	Fresh coriander
1 bunch	of chives

PREPARATION

Step 1

60 g millet grain - **60 g** red lentils
Place millet grain and red lentils together in a sieve, rinse them with cold water, and then with boiling water. Place in a pot with double the volume of water and bring to a boil.
Cook on low heat for 15 minutes, then set aside to cool.

Step 2

60 g Kikkoman Panko - Japanese style crispy bread crumbs **0.5** onion - **1 tbsp** chopped coriander - **1 tsp** ground paprika - **0.5 tsp** cumin - **0.5 tsp** black pepper - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce
Blend the slightly cooled millet grain and lentils with chopped onion, soy sauce, herbs, and spices. Add panko and mix thoroughly.

Step 3

With dampened hands, shape small patties.

Step 4

2.5 tbsp cooking oil - **4 tbsp** Kikkoman Teriyaki Wok Sauce with Roasted Garlic
Fry patties in oil until they are golden brown on both sides. Then, add Teriyaki sauce and sauté for an additional 2 minutes.

Step 5

2 pittas
Meanwhile, grill the pittas on a heated pan.

Step 6

50 g spinach - **1** red onion - Fresh coriander - **1 bunch** of chives

When pittas are toasted, place spinach, thinly sliced red onion, chopped chives, coriander and the cooked patties on top.