

Soy Scotch Eggs with Onion relish

Total time **40 mins** 40 mins preparation time

Nutritional facts (per portion):
2872 kJ / 686 kcal

Fat: **41.1 g** Protein: **29.1 g**
Carbohydrates: **52.7 g**

INGREDIENTS

4 portion(s)

4 eggs, hard boiled
375 g pack sausagemeat
6 spring onions, finely chopped
2 tsp Kikkoman Naturally Brewed Soy Sauce
2.5 tsp wholegrain mustard
To coat:
1 egg, beaten
3.5 tbsp plain flour
100 g Kikkoman Panko - Japanese style crispy bread crumbs
500 ml vegetable oil to fry
For the onion relish:
1 tbsp knob of butter
1 tbsp olive oil
2 large onions, finely sliced
2 tsp Kikkoman Naturally Brewed Soy Sauce
2 tsp sugar

PREPARATION

Step 1

Heat the oil in a fryer or medium saucepan to 325F/ 170C – or until it sizzles when a cube of bread is thrown in.

Step 2

Put the sausagemeat in a bowl with the spring onions, soy sauce, and mustard. Mix well.

Step 3

With damp hands, divide the mixture into 4 balls. Take 1 ball of sausagemeat and flatten it into a patty, then wrap it around a hard boiled egg until it is well covered. Squeeze the edges together gently to seal the egg inside with no gaps. Repeat until all four eggs are covered.

Step 4

Next have the coating ingredients ready: Put the flour in a shallow bowl or plate, also the beaten eggs in a similar style bowl or dish, and finally the breadcrumbs on a plate.

Step 5

Carefully roll each covered egg in first the flour, then the beaten egg and finally coat in breadcrumbs.

Step 6

Fry the eggs 2 at a time in the hot oil for 4-5mins. Turn them occasionally until they are golden brown and the sausagemeat is cooked. Lift them out with a slotted spoon and drain on kitchen paper before serving.

Step 7

Whilst they are cooking make the onion relish:

In a warm frying pan, melt the butter and oil. Add the onion and cook for 4-5mins until softened.

Add the Kikkoman Soy Sauce and the sugar and stir well. Now turn the heat to low, and let cook for 20mins, stirring occasionally, until the onions are brown and gooey.

Step 8

Serve warm or cool, alongside the Scotch Eggs.