

Cooking name Deep-fried surimi(すり身揚げ)

Ingredients (4 servings)

200 g sardines

60 g potatoes

1 egg

100 g onion

40 g carrot

40 g burdock root

10 shiso leaves

1 ginger

1 tablespoon miso

1/2 tablespoon katakuriko (potato starch)

oil to taste

Nutritional Information

Calories 500kcal

Protein 20.0g

Fat 30.0g

Total salt 2.5g

Total vegetables 240g

Preparation

1 Remove the head, bones and skin from the sardines and lightly beat them on a cutting board.

2. Grate the potatoes, beaten egg and miso into 1 and mix well.

3 Coarsely chop onion and carrot, and cut burdock root into 1 cm lengths. Cut the shiso leaves in half lengthwise and cut into thin strips.

4 Mix 2 and 3 and add potato starch.

5 Spoon 4 into bite-sized pieces and deep-fry in oil.