

PURPLY NORDIC TERYAKI

10 servings

You will need:

500 g Purply mince
2 dl ready-made teriyaki sauce, e.g. Santa Maria
1-2 tbsp fermented Korean chili paste, Santa Maria
½ dl water
3 tbsp garlic, crushed
100 g leek, finely shredded
150 g red bell pepper, finely shredded
100 g carrot, thinly sliced



For serving:

Jasmine rice (alternatively mixed with cooked noodles)
Lime or orange, sliced or cut into wedges
Toasted sesame seeds

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Method:

Purply strips:

1. Brush a roasting tray or standard baking tray with rapeseed oil. Flatten the Purply mince into a 3-5 mm thick "pancake" (use oiled gloves to prevent sticking and to ensure fat is applied to the top as well). Roast in the oven for approx. 12-15 minutes, or until firm and lightly coloured.

Tip: *If red liquid (from beetroot) starts to seep out of the "pancake," this is a sign that it is nearly done.*



2. Allow to cool in the refrigerator for approx. 20-30 minutes (the texture sets best if chilled longer, up to one day). Then cut into long strips, similar in size to beef stroganoff. For large volumes, a cutting board can also be used for shredding.
3. Note: Must be fried in a wok, frying pan, or on a griddle. Heat a pan with oil over medium heat. Add the carrot first, followed by the Purply strips. Fry until the carrot has softened and the strips have developed colour, then add the garlic and bell pepper. Stir for about one minute before adding the teriyaki sauce, fermented chili paste, and water. Add the leek last and stir for another minute. Done.
4. Serve with rice (or mixed with noodles), toasted sesame seeds, and lime or orange slices/wedges.

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