

# Tomato Menchi-Katsu Balls



**821 kcal**  
(per serving)



**35 min**



Adults and kids alike will appreciate these menchi-katsu balls with beef and tomato sauce that oozes with rich cheese.

## Makes 2 servings

Ground Wagyu	200 g
Garlic	1 clove
Oyster mushrooms (or button mushrooms)	15 g
Maitake mushrooms (or button mushrooms)	15 g
Tomato sauce	150 g
Fresh basil	3 leaves
Tomatoes	4 (400g)
Sliced cheese	1 slice
Rice paper wrappers	4 sheets
Leaf lettuce	2 leaves
Olive oil	1 tablespoon
Potato starch	1 tablespoon
Salt	Pinch
Pepper	Pinch
Nutmeg	Pinch

## Breading Ingredients

Flour	2 tablespoons
Egg	1
Panko	30 g
Oil for frying	

1. Cut garlic clove in half and smash with a knife. Heat olive oil in a frying pan over medium heat and fry garlic until fragrant.
2. Mince the oyster and maitake mushrooms. Add to pan and continue sauteing over medium heat. Add tomato sauce and simmer over low heat for 7 or 8 minutes. Add fresh basil at the end.
3. Stuff each tomato by cutting off top and scooping out flesh and seeds. Fill with mushroom and tomato sauce and top with a quarter of the sliced cheese. Wrap each tomato in a rice paper wrapper.
4. Mix ground Wagyu, potato starch, nutmeg, salt, and pepper thoroughly to combine.
5. Divide the ground beef mixture into four balls and flatten into circles. Wrap the ground beef mixture around each of the stuffed tomatoes, shaping into round balls.
6. Coat each ball in flour, dip in beaten egg, and coat with panko.
7. Deep fry the balls in 170°C oil, making sure to heat through.
8. Line a plate with leaf lettuce and arrange balls on the plate.