

Air fryer prawns with mango teriyaki

Total time **33 mins** 15 mins preparation time 8 mins cooking time 10 mins marinating time

Nutritional facts (per portion):

1,623 kJ / 388 kcal

Fat: **9 g** Protein: **28 g**

Carbohydrates: **45 g**

INGREDIENTS

2 portion(s)

Prawns:

200 g raw prawns, peeled and deveined

1 tbsp [Kikkoman Naturally Brewed Less Salt Soy Sauce](#)

1 tbsp [Kikkoman Mirin-Style Sweet Cooking Seasoning](#)

Coating:

50 g [Kikkoman Panko - Japanese style crispy bread crumbs](#)

1 egg

2 tbsp plain flour

1 tsp rapeseed oil

1 tbsp [Kikkoman Naturally Brewed Less Salt Soy Sauce](#)

Mango teriyaki sauce:

100 g smooth mango puree

2 tbsp [Kikkoman Teriyaki Wok Sauce with Roasted Garlic](#)

1 tsp honey

1 tsp lime juice

1 tbsp [Kikkoman Mirin-Style Sweet Cooking Seasoning](#)

PREPARATION

Step 1

200 g raw prawns - **1 tbsp** [Kikkoman Naturally Brewed Less Salt Soy Sauce](#) **1 tbsp** [Kikkoman Mirin-Style Sweet Cooking Seasoning](#)

Pat the prawns dry and mix with the Kikkoman Less Salt Soy Sauce and the Kikkoman Mirin-Style Sweet Seasoning. Leave to marinate for 10 minutes.

Step 2

50 g [Kikkoman Panko - Japanese style crispy bread crumbs](#) - **1** egg - **2 tbsp** plain flour

Place the flour, beaten egg and Kikkoman Panko in three separate bowls. Dip each prawn from step 1 in the flour, then the egg and finally the Kikkoman Panko.

Step 3

1 tsp rapeseed oil - **1 tbsp** [Kikkoman Naturally Brewed Less Salt Soy Sauce](#)

Arrange the prawns in the air fryer basket. Lightly brush with the oil, then brush or drizzle with the Kikkoman Less Salt Soy Sauce for an even colour. Cook at 190 °C for 6–8 minutes until crisp and golden.

Step 4

100 g smooth mango puree - **2 tbsp** [Kikkoman Teriyaki Wok Sauce with Roasted Garlic](#) - **1 tbsp** [Kikkoman Mirin-Style Sweet Cooking Seasoning](#) - **1 tsp** honey - **1 tsp** lime juice

Combine the mango puree, Kikkoman Teriyaki Wok Sauce Roasted Garlic, Kikkoman Mirin-Style Sweet Seasoning, honey and lime juice in a small saucepan. Heat gently over a low heat, stirring,

until smooth and glossy. Serve immediately with the prawns.