KIKKOMAN

Chicken & asparagus summer rolls

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,549 kJ / 370 kcal

Fat: **20 g** Protein: **28 g**
Carbohydrates: **15 g**

INGREDIENTS

2 portion(s)

200 g	chicken breasts
4 tbsp	Kikkoman Spicy Chili Sauce for Kimchi
3 tsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	vegetable oil
1 tsp	butter
1	shallot
4	eggs
1 pinch	of pepper
2 tbsp	spring onion, chopped
8	green asparagus spears
8	sheets of rice paper
20 g	rocket salad
2 tbsp	cream
1 tsp	lemon juice

PREPARATION

Step 1

200 g chicken breasts - **2 tbsp** Kikkoman Spicy Chili Sauce for Kimchi - **2 tsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** vegetable oil
Cut the chicken fillet into thin strips. Mix with the Kikkoman Kimchi Chili Sauce, vegetable oil and Kikkoman Soy Sauce. Let stand for about 15 minutes, then fry in a pan until golden brown. Set aside to cool.

Step 2

1 tsp butter - **1** shallot - **4** eggs - **1 tsp** Kikkoman Naturally Brewed Soy Sauce - **1 pinch** of pepper - **2 tbsp** spring onion, chopped
Heat the butter in a frying pan. Chop the shallot. Whisk the eggs in a bowl. Season with the Kikkoman Soy Sauce and pepper. Add the shallot to the pan and fry for 1 minute. Pour in the eggs and fry until softly scrambled, taking care not to let them dry out. Sprinkle with the spring onions and set aside to cool.

Step 3

8 green asparagus spears - **8** sheets of rice paper - **20 g** rocket salad
Clean the asparagus and break off the hard ends. Blanch in salted boiling water for 2 minutes, then immerse briefly in cold water. Soak the rice paper sheets in warm water and gently pat each sheet dry. Place the rocket, eggs, asparagus and chicken on each sheet and roll up tightly.

Step 4

2 tbsp Kikkoman Spicy Chili Sauce for Kimchi - **2 tbsp** cream - **1 tsp** lemon juice

Mix the Kikkoman Kimchi Chili Sauce, cream and lemon juice in a bowl until smooth. Serve the summer rolls with the creamy dip.