KIKKOMAN

Chicken-pea tortilla with sweet soy sauce

Total time **45 mins** **30 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
2,380 kJ / 569 kcal

Fat: **27.5 g** Protein: **50.4 g**
Carbohydrates: **29.1 g**

INGREDIENTS

2 portion(s)

120 g	masa harina (corn flour)
170 ml	warm water
0.5 tsp	salt
400 g	chicken breasts
1 tsp	sweet paprika powder
3 tsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
2 tsp	lime juice
1 tsp	dried thyme
1 pinch	pepper
2 tbsp	oil
100 g	sugar snap peas
2 tbsp	tahini
1 tbsp	Kikkoman Toasted Sesame Oil
1 tbsp	honey
1 tbsp	water
0.3 tsp	chopped chilli pepper
1	red onion
	A few lettuce leaves
	Fresh coriander or parsley

PREPARATION

Step 1

120 g masa harina - **170 ml** warm water - **0.5 tsp** salt
Put the flour in a bowl. Add the warm water, mix, and add salt. Knead the dough until it binds. Form a ball and put it back in the bowl. Cover tightly with cling film and let it stand for 30 minutes. Then form balls the size of a large walnut. Place them on pieces of foil and cover with another piece of foil. Press the balls flat with a thick board or book. Pre-fry in a well-heated pan for about 40-50 seconds on each side. Cover the finished pancakes with a kitchen towel.

Step 2

400 g chicken breasts - **1 tsp** sweet paprika powder - **1 tsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tsp** lime juice - **1 tsp** dried thyme - **1 pinch** pepper - **2 tbsp** oil - **100 g** sugar snap peas
Wash and dry the chicken breasts and cut into cubes. Mix the paprika, Kikkoman Gluten free Soy Sauce, lime juice, thyme, pepper and oil into a paste. Add to the chicken and massage into the meat. Fry the meat briefly in a heated pan, then add the sugar snap peas and fry together for a few minutes. Set aside.

Step 3

2 tbsp tahini - **1 tbsp** Kikkoman Toasted Sesame Oil - **1 tbsp** honey - **1 tbsp** water - **0.3 tbsp** chopped chilli pepper - **2 tsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tsp** lime juice
Place the ingredients for the sauce in a bowl and

stir until creamy. If it is too thick, add more water.

Step 4

1 red onion - A few lettuce leaves - Fresh coriander or parsley

Coat the tortilla with sauce, then add the lettuce and chicken with peas. Sprinkle with the chopped onion and coriander, then add a little more sauce.