

Cottage Cheese Wraps with Soy-Marinated Chicken, Pointed Cabbage, and Carrot

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

INGREDIENTS

2 portion(s)

For the wraps:

- 2** eggs
- 3 tbsp** cottage cheese
- 3 tbsp** wheat flour
- A little salt and pepper
- Optional: a little oil for the pan

1 tbsp Kikkoman Naturally Brewed Soy Sauce

Filling:

- 150 g** chicken breast, cut into strips
- 2 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 1** carrot, grated
- A small handful of finely shredded pointed cabbage
- 1 tsp** oil for frying

PREPARATION

Step 1

2 eggs - **3 tbsp** cottage cheese - **3 tbsp** wheat flour - A pinch of salt and pepper - Optional: a little oil for the pan - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce

Blend the eggs, cottage cheese, 1 tbsp soy sauce, and pepper into a smooth mixture. Heat a little oil in a non-stick pan and pour half of the batter out as a thin pancake. Cook over medium heat for 2-3 minutes on each side. Repeat with the remaining batter. Let them cool slightly.

Step 2

150 g chicken breast, cut into strips - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** oil for frying

Marinate and cook the chicken: Place the chicken strips in a bowl with soy sauce and let them marinate for 10 minutes. Then fry them in oil in a pan until cooked through and lightly golden.

Step 3

1 carrot, grated - A small handful of finely shredded pointed cabbage

Fill the wraps: Spread grated carrot and finely shredded pointed cabbage on each wrap. Top with chicken and roll up.

Step 4

Serve immediately – optionally with extra soy sauce or chili mayo on the side.