

# Crispy panko avocado fries

Total time **20 mins** 15 mins preparation time 5 mins cooking time

## INGREDIENTS

2 portion(s)

### For the slaw:

- 150 g** red cabbage
- 150 g** white cabbage
- 2 tbsp** sesame seeds, toasted
- 100 g** yoghurt
- 4 tbsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#)
- 1 tbsp** [Kikkoman Toasted Sesame Oil](#)
- black pepper, freshly ground (optional)

### For the avocado fries:

- 2** small avocados
- 1** egg
- 1 tbsp** [Kikkoman Sauce for Poke Bowl](#)
- 2 tbsp** plain flour
- 80 g** [Kikkoman Panko - Japanese style crispy bread crumbs](#)
- Oil, for frying

### For the dip:

- 2 tbsp** [Kikkoman Sauce for Poke Bowl](#)
- 3 tbsp** mayonnaise

## PREPARATION

### Step 1

**150 g** red cabbage - **150 g** white cabbage - **2 tbsp** sesame seeds, toasted - **100 g** yoghurt - **4 tbsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#) - **1 tbsp** [Kikkoman Toasted Sesame Oil](#) - black pepper, freshly ground (optional)  
For the slaw, finely shred or grate both types of cabbage. Mix the sesame seeds with the yoghurt, Kikkoman Ponzu Lemon and Kikkoman Sesame Oil to make the dressing, and season with freshly ground black pepper if desired. Toss it through the cabbage.

### Step 2

**2** small avocados - **1** egg - **1 tbsp** [Kikkoman Sauce for Poke Bowl](#) **2 tbsp** plain flour - **80 g** [Kikkoman Panko - Japanese style crispy bread crumbs](#)  
For the avocado fries, halve the avocados, remove the stones and scoop out the flesh. Cut the flesh into thick chips or wedges. Beat the egg with the Kikkoman Poke Sauce and pour into a shallow bowl. Place the flour and Kikkoman Panko in two separate shallow bowls. Coat the avocado pieces first in the flour, then in the egg mixture and finally in the Kikkoman Panko.

### Step 3

Oil, for frying  
Heat the oil in a pan and fry the avocado fries until golden and crispy on all sides. Drain on kitchen paper.

### Step 4

**2 tbsp** [Kikkoman Sauce for Poke Bowl](#) - **3 tbsp** mayonnaise  
For the dip, stir together the Kikkoman Poke Sauce and mayonnaise, and serve with the avocado fries

and slaw.