

Crispy spring rolls with seafood filling

Nutritional facts (per portion):
1370 kJ / 327 kcal

Fat: **9.5 g** Protein: **18 g**
Carbohydrates: **42.4 g**

INGREDIENTS

4 portion(s)

1 clove garlic
5 g ginger
200 g cabbage
0.3 leek
1 pinch of salt
100 g chicken breast
1 pinch of pepper
50 g squid
50 g peeled prawns
50 g salmon
0.5 tsp Kikkoman Naturally Brewed Soy Sauce
24 piece dough for gyoza dumplings
0.3 tsp sesame oil
2 tbsp vegetable oil
For the dipping sauce:
50 ml Kikkoman Naturally Brewed Soy Sauce
2 vinegar
0.5 tsp sesame oil
0.5 tsp chili paste
Our Japas are designed as Japanese style tapas. Just double the amount of each ingredient and you can serve the fingerfood as a main course.

PREPARATION

Step 1

Chop garlic, ginger, cabbage and leek very finely. Sprinkle with salt and squeeze out the water e.g. in a cotton tea towel. Mince the chicken breast, add to the vegetables and mix well with spices.

Step 2

Clean the squid, prawns and salmon, chop roughly. Put into a bowl and sprinkle with Kikkoman Naturally Brewed Soy Sauce. Leave in the fridge for 10-15 minutes. Add to the filling made of vegetables and chicken and mix all ingredients. Place a tablespoon of the filling on the gyoza dough and form a thin cylinder down the centre, fold the dough and form tight rolls (dough will seal better if you moisten its edges with water).

Step 3

Preheat the oil for deep frying in the pan and fry the rolls crispy and gold (3-4 minutes). Serve with dipping sauce and a salad of choice.