

# **Crispy spring rolls with seafood filling**

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

### INGREDIENTS

4 portion(s)

1 5 g 200 g 0.3	clove garlic ginger cabbage 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
	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.

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

## 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 moistenits 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.