KIKKOMAN

Crispy tofu summer rolls

Total time **40 mins** **10 mins** preparation time **20 mins** cooking time **10 mins** marinating time

Nutritional facts (per portion):
1,758 kJ / 420 kcal
Fat: **26 g** Protein: **15 g**
Carbohydrates: **30 g**

INGREDIENTS

2 portion(s)

200 g	tofu
2 tbsp	Kikkoman Toasted Sesame Oil
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.25 tsp	ground black pepper
1.5 tsp	grated ginger
1	clove of garlic, crushed
1 tbsp	vegetable oil
1	carrot
1	cucumber
4	iceberg lettuce leaves
7	sheets of rice paper
75 ml	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu
2 tbsp	honey (or maple syrup)
1	chilli, finely chopped
1 tsp	roasted sesame seeds
1 tbsp	spring onions, chopped

PREPARATION

Step 1

200 g tofu - **1 tbsp** Kikkoman Toasted Sesame Oil - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.25 tsp** ground black pepper - **0.5 tsp** grated ginger - **1** clove of garlic, crushed
Cut the tofu into cubes. Place in a bowl with the Kikkoman Toasted Sesame Oil, Kikkoman Naturally Brewed Soy Sauce, black pepper, grated ginger and crushed garlic. Mix well to coat each piece of tofu with the seasoning.

Step 2

1 tbsp vegetable oil - **1** carrot - **1** cucumber - **4** iceberg lettuce leaves
Heat the oil in a frying pan. Add the marinated tofu and fry until golden brown on all sides. Cut the carrot and cucumber into thin strips and the lettuce into small pieces.

Step 3

7 sheets of rice paper - **1 tbsp** Kikkoman Toasted Sesame Oil
Soak the rice paper sheets in warm water and gently dry them. Place the vegetables and tofu on each sheet and roll them up. Brush with the Kikkoman Sesame Oil and bake in a preheated oven at 200°C or in an air fryer for 15 minutes.

Step 4

75 ml Kikkoman Ponzu Citrus Seasoned Soy Sauce - Yuzu - **2 tbsp** honey (or maple syrup) - **1** chilli, finely chopped - **1 tsp** grated ginger
Mix the Kikkoman Yuzu Ponzu (or Kikkoman Ponzu Lemon) with the honey, finely chopped chilli and ginger in a bowl.

Step 5

1 tsp roasted sesame seeds - **1 tbsp** spring onions, chopped

Sprinkle the finished rolls with the roasted sesame seeds and chopped spring onions, and serve with the citrus and ginger dip.