KIKKOMAN

Fried eggs with spicy grilled asparagus

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

Nutritional facts (per portion):
1,975 kJ / 475 kcal

Fat: **20.5 g** Protein: **23 g**
Carbohydrates: **54 g**

INGREDIENTS

2 portion(s)

1 bunch	of green asparagus
1 tbsp	Kikkoman Toasted Sesame Oil
4 tbsp	Kikkoman Spicy Chili Sauce for Kimchi
4	eggs
1 tsp	olive oil
0.5 tsp	black pepper
1 tsp	black sesame seeds
0.5 bunch	of chopped chives
4	slices of sourdough bread

PREPARATION

Step 1

1 bunch of green asparagus - **1 tbsp** Kikkoman Toasted Sesame Oil **2 tbsp** Kikkoman Spicy Chili Sauce for Kimchi
Wash the asparagus and break or cut off the woody ends (approx. 2–3 cm). If the stems are thick, gently peel the lower part. Cut them lengthways. Mix them with the Kikkoman Sesame Oil and Kikkoman Kimchi Chili Sauce, then grill in a pan until soft.

Step 2

4 eggs - **1 tsp** olive oil - **0.5 tsp** black pepper - **1 tsp** black sesame seeds
Heat the olive oil in a pan over a medium heat and fry the eggs to your liking. Season with the pepper and sesame seeds.

Step 3

2 tbsp Kikkoman Spicy Chili Sauce for Kimchi - **0.5 bunch** of chopped chives - **4** slices of sourdough bread
Place the eggs on the grilled asparagus. Drizzle with the Kikkoman Kimchi Chili Sauce, sprinkle with the chopped chives and serve with the sourdough bread.