KIKKOMAN

Green protein wraps with crispy chicken

Total time **45 mins** **15 mins** preparation time **30 mins** cooking time

INGREDIENTS

4 portion(s)

Wraps:

300 g	defrosted chopped spinach
5	eggs
250 ml	wheat flour
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	lemon juice
	Oil or butter for frying
0.5 tsp	baking powder

Filling:

2	avocados
	Lettuce of your choice
2	tomatoes

Chicken:

2	chicken breasts
200 ml	Kikkoman Panko - Japanese style crispy bread crumbs
1	egg
	Oil for frying in a pan or deep fryer

PREPARATION

Step 1

300 g defrosted chopped spinach - **5** eggs - **250 ml** wheat flour - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** lemon juice - Oil or butter for frying - **0.5 tsp** baking powder
Place all the ingredients for the wraps in a blender and blend until smooth. Fry the wraps like pancakes in a hot pan with oil or butter.

Step 2

2 avocados - Lettuce of your choice - **2** tomatoes
Slice and chop the avocados, lettuce, and tomatoes, and set them aside.

Step 3

2 chicken breasts - **200 ml** Kikkoman Panko - Japanese style crispy bread crumbs - **1** egg - Oil for frying in a pan or deep fryer
Whisk the egg with a fork, then dip the chicken breasts first in the egg mixture and then in the panko breadcrumbs. Fry them until cooked through in a deep fryer or in a pan with plenty of oil.

Step 4

Slice the chicken breasts into thin pieces, then fold the vegetables and chicken into the wraps. Serve immediately with Kikkoman Sesame Sauce.