

Guacamoggets

Total time **40 mins** 40 mins preparation time

Nutritional facts (per portion):
2116 kJ / 505 kcal

Fat: **32.2 g** Protein: **9.7 g**
Carbohydrates: **40.8 g**

INGREDIENTS

4 portion(s)

1 large onion
1 garlic clove
2 ripe avocados
2.5 tsp lime juice
1.5 tsp Kikkoman Naturally
Brewed Soy Sauce
0.75 tsp coriander, finely chopped
0.75 tsp Tabasco sauce

For the coating:

2 eggs
1 tsp Kikkoman Naturally
Brewed Soy Sauce
80 g flour
120 g Kikkoman Panko -
Japanese style crispy
bread crumbs
Frying fat for the deep
fryer

PREPARATION

Step 1

Peel the onion and garlic. Dice the onion and finely chop the garlic cloves. Halve the avocados, remove the pits and scoop out the flesh. Mash the flesh together with the onion, garlic, lime juice, soy sauce and coriander. Season with Tabasco sauce. Spread an approx. 2 cm layer of the avocado mixture into a small oven-proof dish lined with baking paper and freeze.

Step 2

To make the coating, whisk the egg and soy sauce. Cut the frozen avocado mixture into 2 x 2 cm cubes. Coat the cubes with the flour first, then the egg mixture and lastly with the panko. Return the coated avocado cubes to the freezer for another 30 minutes.

Step 3

Fry the avocado cubes in the deep fryer for 2-3 minutes until crispy. Serve with sweet chili sauce or crème fraîche flavoured with a dash of Tabasco.