KIKKOMAN

Kushi-ten Tempura Kebab

Total time **60 mins**

Nutritional facts (per portion):
2,018 kJ / 482 kcal

Fat: **16.6 g** Protein: **31.3 g**
Carbohydrates: **52.5 g**

INGREDIENTS

4 portion(s)

15	peeled king prawns
150 g	cuttlefish fillet or calamari
10	fresh shiitake mushrooms
10 piece	of baby corn
1	red bell peppers
10	pepperonis or sticks of green asparagus
1	courgette
For the tempura sauce:	
300 ml	vegetable or fish stock
7 tbsp	Kikkoman Stir-fry Sauce
150 g	white radish
30 g	fresh ginger root
To make the pastry:	
300 ml	cold water
1	egg yolk
170 g	wheat flour
10 g	corn meal
	A little oil for frying

PREPARATION

Step 1

To make the sauce, put the stock and stir-fry sauce in a pan and heat them up. Just before the mixture boils, remove it from the heat and place aside. Peel the radish and ginger, grate finely and drain well in a sieve. To make the batter mix the water and egg yolk and gradually add the flour and corn meal, stirring gently. Then peel the prawns and remove the black vein.

Step 2

Cut the cuttlefish fillets into 2x4 cm pieces and slit them so that they don't become deformed in the deep frying process. Trim and halve the shiitake mushrooms and baby corn. Cut the red bell pepper into 2x4 cm pieces so that they are the same size as the fish pieces. Trim the pepperoni and slit with the knife. Cut the courgette into approx. 8 mm thin slices.

Step 3

Coat all ingredients with flour, shaking off the excess. Put 2-3 ingredients on each wooden skewer, dip them in the batter and deep fry in oil at approx. 170°C.

Step 4

Arrange on a plate and serve with the sauce, the radish and the ginger.