

# Mini pancakes with prawns

Nutritional facts (per portion):

538 kJ / 129 kcal

### **INGREDIENTS**

4 portion(s)

**1** sheet Nori (dried

seaweed)

**200 g** prawns (white tiger,

defrosted or fresh)

**40** g onion

**1 pinch** potato starch or corn

flour

vegetable oil suitable for

deep frying

Kikkoman Teriyaki BBQ-

Sauce with Honey

**1 pinch** of mayonnaise

shichimi (seven spices) or

chili

Fat: **9 g** Protein: **7.5 g** Carbohydrates: **4.2 g** 

## **PREPARATION**

Step 1

Cut the nori seaweed into pieces of approximately 4 x 6 cm. Peel the prawns, remove the vein. Chop roughly and mince into rough surimi in food processor.

### Step 2

Chop the onion finely and sprinkle with potato starch or corn flour. Put the mix into a bowl, add the surimi and mix thoroughly. Form small pancakes (20 g each) and wrap each in a nori sheet. Sprinkle with potato starch or corn flour then deep fry in the oil preheated to 170°C.

### Step 3

Serve hot and garnish with Kikkoman Teriyaki BBQ-Sauce with Honey and mayonnaise, sprinkle with chili or shichimi (seven spices).