KIKKOMAN

Puff pastry asparagus with cream cheese

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
3,945 kJ / 945 kcal

Fat: **68 g** Protein: **18.5 g**
Carbohydrates: **69 g**

INGREDIENTS

2 portion(s)

1 bunch	green asparagus
1 tbsp	Kikkoman Toasted Sesame Oil
2 tbsp	white sesame seeds
200 g	puff pastry
130 g	plain cream cheese
4 tbsp	Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
1 tbsp	black sesame seeds
1	egg

PREPARATION

Step 1

1 bunch green asparagus - **1 tbsp** Kikkoman Toasted Sesame Oil - **2 tbsp** white sesame seeds
Wash the asparagus and break or cut off the woody ends (about 2–3 cm). If the stems are thick, gently peel the lower part. Pat dry, brush with Kikkoman Sesame Oil, then coat in the white sesame seeds.

Step 2

200 g puff pastry - **130 g** plain cream cheese - **2 tbsp** Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
Mix the cream cheese with the Kikkoman Teriyaki BBQ Sauce Honey and spread it over the sheet of puff pastry. Cut the pastry into 4 long strips and wrap each strip around a few asparagus spears.

Step 3

1 tbsp black sesame seeds - **1** egg - **2 tbsp** Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste
Place the wrapped asparagus on a baking tray lined with baking paper. Brush with beaten egg and sprinkle with the black sesame seeds. Bake for 20 minutes at 200 °C. Serve with the Kikkoman Teriyaki BBQ Sauce Honey.