KIKKOMAN

Seafood tortilla bites

Total time **40 mins** **10 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
1,629 kJ / 392 kcal

Fat: **20 g** Protein: **28 g**
Carbohydrates: **21 g**

INGREDIENTS

4 portion(s)

3 tbsp	vegetable oil
400 g	pre-cooked potato cubes
200 g	diced multi-coloured bell peppers
1	finely diced onion
1	crushed clove of garlic
250 g	defrosted seafood
150 g	shelled edamame
8	eggs
60 ml	Kikkoman Naturally Brewed Less Salt Soy Sauce
0.5 tsp	sweet paprika powder
	Freshly ground pepper
2 tbsp	freshly chopped parsley

PREPARATION

Step 1

3 tbsp vegetable oil - **400 g** pre-cooked potato cubes - **200 g** diced multi-coloured bell peppers - **1** finely diced onion - **1** crushed clove of garlic - **250 g** defrosted seafood - **150 g** shelled edamame
Heat the oil over a high heat in a frying pan (Ø approx. 26 cm) and fry the remaining ingredients for about 3 minutes.

Step 2

8 eggs - **60 ml** Kikkoman Naturally Brewed Less Salt Soy Sauce - **0.5 tsp** sweet paprika powder - Freshly ground pepper
Mix the ingredients, pour over the vegetable and seafood mixture, cover and leave to set over a low heat for 20-30 minutes.

Step 3

2 tbsp freshly chopped parsley
Cut the cooled seafood tortilla into small pieces, sprinkle with parsley and pack it for outdoor activities like a picnic.