KIKKOMAN

Stir fry with vegetables and rice paper noodles

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

Nutritional facts (per portion):
892 kJ / 213 kcal

Fat: **6 g** Protein: **5 g**
Carbohydrates: **33 g**

INGREDIENTS

2 portion(s)

8	sheets of rice paper
2 tbsp	Kikkoman Toasted Sesame Oil
0.13	red cabbage
0.5	yellow pepper
0.5	carrot
1	onion
2	cloves of galic
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tbsp	honey
1 tbsp	sesame seeds
1	spring onion

PREPARATION

Step 1

8 sheets of rice paper - **1 tbsp** Kikkoman Toasted Sesame Oil
Soak 4 sheets of the rice paper in a bowl of warm water until soft. Remove and place on a board oiled with Kikkoman Sesame Oil, one on top of the other. Press down so they stick together, then put them back in the bowl of water for 2 minutes. Place them on the board and cut into 1-2 cm wide strips with an oiled knife. Return the strips to the water and separate them by hand. When separated, transfer the rice paper noodles to a dry bowl.

Repeat with the remaining 4 rice paper sheets.

Step 2

1 tbsp Kikkoman Toasted Sesame Oil - **0.13** red cabbage - **0.5** yellow pepper - **0.5** carrot - **1** onion - **2** cloves of garlic - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tbsp** honey
Chop the cabbage, pepper, carrot and onion and fry in a pan with Kikkoman Sesame Oil. Add the chopped garlic. Mix the Kikkoman Soy Sauce with the honey. Pour into the pan and mix with the vegetables and rice paper noodles.

Step 3

1 tbsp sesame seeds - **1** spring onion
Chop the spring onion. Serve the dish sprinkled with chopped onion and sesame seeds.