

Summer rolls with vegetables, shrimps and peanut sauce

Total time **20 mins 15 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):

1,532 kJ / 366 kcal

INGREDIENTS

2 portion(s)

4	lettuce leaves
0.5	carrot
0.25	yellow pepper
0.13	red cabbage
150 g	shrimps
1 tbsp	butter
1	clove of garlic
0.25	chilli pepper
2 tbsp	Kikkoman Naturally
	Brewed Soy Sauce
4	sheets of rice paper
2 tbsp	peanut butter
1 tbsp	Kikkoman Toasted
	Sesame Oil
1 tbsp	lime juice
1 tbsp	honey
4 tbsp	water

Fat: **18.5 g** Protein: **18 g** Carbohydrates: **30 g**

PREPARATION

Step 1

4 lettuce leaves - 0.5 carrot - 0.25 yellow pepper- 0.13 red cabbage

Wash the vegetables, and cut the carrot, pepper and cabbage into very fine sticks.

Step 2

150 g shrimps - **1 tbsp** butter - **1** clove of garlic - **0.25** chilli pepper - **1 tbsp** <u>Kikkoman Naturally</u> <u>Brewed Soy Sauce</u>

Wash the shrimps. Melt the butter in a pan. Add the shrimps and fry for 1 minute. Add the crushed garlic, sliced chilli pepper and Kikkoman Soy Sauce. Fry for a further 3-4 minutes and set aside to cool.

Step 3

4 sheets of rice paper

Moisten the rice paper in lukewarm water. Fill with vegetables and start rolling it up. Before wrapping it completely, add the shrimps and finish rolling.

Step 4

2 tbsp peanut butter - 1 tbsp <u>Kikkoman Toasted</u> <u>Sesame Oil</u> - 1 tbsp <u>Kikkoman Naturally Brewed</u> <u>Soy Sauce</u> - 1 tbsp lime juice - 1 tbsp honey - 4 tbsp water

Mix all the ingredients in a bowl until uniform.

Serve the summer rolls with the peanut sauce.