

# Teriyaki skewer mix

Nutritional facts (per portion):  
**668 kJ / 158 kcal**

Fat: **3.2 g** Protein: **24.5 g**  
Carbohydrates: **7.3 g**

## INGREDIENTS

4 portion(s)

### For prawn skewers:

**4** prawns (with head on)  
Kikkoman Teriyaki BBQ-  
Sauce with Honey

### For beef skewers:

**1 bunch** green asparagus  
**200 g** roast beef  
Kikkoman Teriyaki BBQ-  
Sauce with Honey

### For scallop skewers:

**1** zucchini  
**8** scallops  
Kikkoman Teriyaki BBQ-  
Sauce with Honey

## PREPARATION

### Step 1

Cut each prawn vertically and open the belly, remove the veins. Skewer whole prawns and grill. Brush with Kikkoman Teriyaki BBQ-Sauce with Honey to finish.

### Step 2

Cut off tough ends of asparagus, peel and precook. Cut into 4 cm pieces. Slice roast beef into 15 g slices, wrap with foil and flatten more with meat tenderizer. Wrap pieces of asparagus with meat slices and skewer. Roast on grill and brush with Kikkoman Teriyaki BBQ-Sauce with Honey before serving.

### Step 3

Cut zucchini into vertical thin slices (use a peeler). Wrap each scallop with zucchini slices and skewer. Fry skewers in frying pan on both sides and brush with Kikkoman Teriyaki BBQ-Sauce with Honey before serving.