

Teriyaki skewer mix

Nutritional facts (per portion):

668 kJ / 158 kcal

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:

zucchiniscallops

Kikkoman Teriyaki BBQ-

Sauce with Honey

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

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.