

Tofu Prawn Balls

Total time **60 mins 60 mins** preparation time

Nutritional facts (per portion):

538 kJ / 128 kcal

INGREDIENTS

4 portion(s)

250 g tofu

150 g peeled raw prawn tails

egg yolk

2 tbsp Kikkoman Naturally

Brewed Soy Sauce

small chillimedium carrot

salt

30 g spring onions

0.5 tbsp finely chopped coriander

For the sauce:

800 ml ready-made fish stock

4 tbsp Kikkoman Naturally Brewed Soy Sauce

1 piece of lemon grass (approx.

10 cm)

freshly ground pepper

For the dip:

2 cloves of garlic (finely

chopped)

red chilligreen chilli

5 tbsp Kikkoman Naturally

Brewed Soy Sauce

1 tbsp fish sauce

2 tbsp ready-made fish stock

0.5 tbsp lime juice**1 tsp** brown sugar

Fat: **6 g** Protein: **16 g** Carbohydrates: **3 g**

PREPARATION

Step 1

Wrap the tofu in a clean tea towel, place on a plate, place a chopping board on top, load with an approx. 1 kg weight (e.g. bowl of water) and leave to press for 3-4 hours. De-vein and wash the prawns. Put the squeezed tofu, prawns, egg yolk and soy sauce in the mixer and puree until smooth. Pour into a bowl. Halve the chilli lengthways, remove the stalk, seeds and pith and dice finely. Peel the carrots, dice finely, cook in salted water for 2–3 minutes, drain and rinse with cold water. Rinse and clean the spring onions and chop finely. Add the chilli, spring onions, carrots and coriander to the tofu-prawn mixture and mix everything together well. Shape about 18 balls weighing 20 g from the mixture. Put the fish stock, soy sauce and lemon grass halved in a saucepan, season with pepper and bring to the boil. Drop in the balls, reduce the heat and cook for about 10 minutes. Mix all dip ingredients together well. Remove the balls from the stock, drain and serve with the dip.