

Tofu Prawn Balls

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

Nutritional facts (per portion):
538 kJ / 128 kcal

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

INGREDIENTS

4 portion(s)

250 g	tofu
150 g	peeled raw prawn tails
1	egg yolk
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1	small chilli
1	medium 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)
1	red chilli
1	green 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

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.