KIKKOMAN

Tofu Wraps

Total time **35 mins** **15 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,785 kJ / 426 kcal

Fat: **25.6 g** Protein: **13.8 g**
Carbohydrates: **34.5 g**

INGREDIENTS

4 portion(s)

For the sauce:

80 g	mayonnaise
1 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tsp	curcuma, ground
0.5 tsp	Tabasco sauce
0.5 tsp	black sesame

For the topping:

1	large carrot
1	small fennel
80 g	lettuce or wild herb salad
200 g	tofu nuggets (see recipe)
1.5 tbsp	vegetable oil
4	wraps (with cornmeal)
12	mint leaves

PREPARATION

Step 1

Combine the ponzu sauce, curcuma, Tabasco sauce and sesame to make the sauce.

Step 2

Wash and peel the carrots. Remove the tops and outer layers of the fennel and wash it. Then create fennel shavings with a mandoline and soak them in iced water to crisp them up. Wash the lettuce and spin dry.

Step 3

Fry the tofu nuggets in hot oil. Warm up the wraps in the oven if you like before spreading the sauce onto them. Top with carrots, lettuce, tofu nuggets and mint, roll up, fix with parchment or baking paper if necessary, cut in half diagonally and serve.