KIKKOMAN

Veggie feta & olive summer rolls

Total time **15 mins** **15 mins** preparation time

Nutritional facts (per portion):
2,026 kJ / 484 kcal

Fat: **33 g** Protein: **13 g**
Carbohydrates: **31 g**

INGREDIENTS

2 portion(s)

6	sheets of rice paper
1	long cucumber
1	avocado
150 g	feta cheese
100 g	black olives
0.5 bunch	of basil
2 tbsp	sunflower seeds
200 g	Greek yoghurt
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1	garlic clove, crushed
0.5 tsp	ground black pepper
1 tbsp	chopped basil

PREPARATION

Step 1

6 sheets of rice paper - **1** long cucumber - **1** avocado - **150 g** feta cheese
Cut the cucumber, avocado and feta into strips. Soak the rice paper sheets in water until they soften.

Step 2

100 g black olives - **0.5 bunch** of basil - **2 tbsp** sunflower seeds
Place a portion of the feta and vegetables from step 1, the olives, sunflower seeds and several basil leaves on each sheet of rice paper. Wrap tightly.

Step 3

200 g Greek yoghurt - **3 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1** garlic clove, crushed - **0.5 tsp** ground black pepper - **1 tbsp** chopped basil
Mix all the ingredients into a smooth sauce. Serve the summer rolls with the citrus dip.