KIKKOMAN

White asparagus cordon bleu

Total time **30 mins** **20 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
3,050 kJ / 730 kcal

Fat: **46 g** Protein: **33 g**
Carbohydrates: **43 g**

INGREDIENTS

2 portion(s)

400 g	white asparagus
750 ml	water
0.5 tsp	salt
2 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
150 g	prosciutto cotto, sliced
100 g	Gouda or Gruyère cheese, sliced
3 tbsp	mayonnaise
1.5 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
50 g	wheat flour
100 g	Kikkoman Panko - Japanese style crispy bread crumbs
2	eggs
3 tbsp	rapeseed oil

PREPARATION

Step 1

400 g white asparagus - **750 ml** water - **0.5 tsp** salt - **2 tbsp** Kikkoman Teriyaki Wok Sauce with Roasted Garlic
Peel the white asparagus thoroughly and snap off the woody ends. Parboil for 3–4 minutes in lightly salted water, then drain well. Pour the Kikkoman Teriyaki Wok Sauce Roasted Garlic into a bowl, add the asparagus and mix to coat. Leave to stand for 5 minutes. Heat a pan, add the asparagus with the marinade and fry for 2-3 minutes, stirring constantly. Set aside to cool.

Step 2

150 g prosciutto cotto, sliced - **100 g** Gouda or Gruyère, sliced
Lay a slice of prosciutto cotto on a board and top with a slice of cheese. Place 2-3 asparagus spears on top, blotting off any excess marinade with kitchen paper, then roll up tightly. Secure the edges with toothpicks if needed.

Step 3

3 tbsp mayonnaise - **1.5 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **0.5 tbsp** Kikkoman Naturally Brewed Soy Sauce - **50 g** wheat flour - **100 g** Kikkoman Panko - Japanese style crispy bread crumbs - **2** eggs - **3 tbsp** rapeseed oil
Mix the mayonnaise with the Kikkoman Lemon Ponzu and Kikkoman Soy Sauce until smooth to make a dip. Put the flour, beaten eggs and Kikkoman Panko in three separate bowls. Coat the asparagus rolls in flour, then egg, then the Kikkoman Panko. Fry in the rapeseed oil until

golden on all sides. Serve with the dip. Remove any toothpicks before serving.