KIKKOMAN

# Asian-inspired teriyaki chicken rolls

Total time **70 mins** **20 mins** preparation time **30 mins** cooking time **30 mins** marinating time

Nutritional facts (per portion):
**3,416 kJ / 816 kcal**

Fat: **23.7 g** Protein: **40.3 g**
Carbohydrates: **65.3 g**

## INGREDIENTS

**2 portion(s)**

| | |
|---|---|
| **150 g** | wheat flour |
| **1 tsp** | instant yeast |
| **1.33 tbsp** | Kikkoman Naturally Brewed Soy Sauce |
| **120 ml** | warm water |
| **300 g** | chicken thighs |
| **100 ml** | Kikkoman Teriyaki Wok Sauce with Roasted Garlic |
| **0.25 tsp** | ground ginger |
| **0.25 tsp** | ground cinnamon |
| **0.25 tsp** | fennel |
| **1 tbsp** | chopped coriander or parsley leaves |
| **1 tsp** | chopped chilli |
| **100 g** | red cabbage |
| **2 tbsp** | olive oil |
| **1 tbsp** | lime juice |
| **1 tsp** | honey |
| **2** | onions |
| **1 tsp** | sugar |

## PREPARATION

### Step 1

**150 g** wheat flour - **1 tsp** instant yeast - **0.33 tbsp** Kikkoman Naturally Brewed Soy Sauce - **120 ml** warm water
Knead a soft yeast dough from the ingredients listed. Cover and leave to rise in a warm place for about 60 minutes. Form 4 rolls and roll each one into a long strip. Fold in half lengthwise and shape into a bun. Turn it over and roll out into a flatbread. Cover the prepared flatbreads and leave to rise for 20 minutes. Heat a pan over a high heat and dry-fry them on both sides for 2 minutes each. Set aside.

### Step 2

**300 g** chicken thighs - **100 ml** Kikkoman Teriyaki Wok Sauce with Roasted Garlic - **0.25 tsp** ground ginger - **0.25 tsp** ground cinnamon - **0.25 tsp** fennel - **1 tbsp** chopped coriander or parsley leaves - **1 tsp** chopped chilli
Pat the meat dry and coat it with the Kikkoman Teriyaki Sauce with Garlic mixed with ginger, cinnamon and fennel. Marinate for about 30 minutes.

Cover and bake in the oven for 20-30 minutes at 180 °C until tender. After baking, shred the meat with a fork, add the coriander and chilli.

### Step 3

**100 g** red cabbage - **1 tbsp** olive oil - **1 tbsp** lime juice - **1 tsp** honey
Finely chop the cabbage. Add olive oil, lime juice and honey. Mix well.

### Step 4

**2** onions - **1 tbsp** olive oil - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** sugar
Slice the onions and fry them in olive oil. Add Kikkoman Soy Sauce and sugar and simmer on a low heat for about 10 minutes.

### Step 5

Cut open the buns and fill them with the marinated cooked chicken, cabbage and caramelised onions.