KIKKOMAN

Chilaquiles with mango salsa

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,187 kJ / 522 kcal

Fat: **29.4 g** Protein: **21.4 g**
Carbohydrates: **37.8 g**

INGREDIENTS

2 portion(s)

For the mango and tomato salsa:

100 g	cherry tomatoes
1	small onion
100 g	mango
0.5	lime, zest and juice
2 tsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic

For the chilaquiles:

1	small onion
1.5 tbsp	Kikkoman Toasted Sesame Oil
200 g	chopped tomatoes, tinned
4 pinch	cumin, ground
0.25 tsp	chilli powder
2 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
2	wraps/tortillas (e.g. wholemeal or protein)
1	small red onion
100 g	feta
2	eggs
	A few coriander leaves

PREPARATION

Step 1

100 g cherry tomatoes - **1** small onion - **100 g** mango - **0.5** lime, zest and juice - **2 tsp** Kikkoman Teriyaki Wok Sauce with Roasted Garlic
Dice all the ingredients very finely, then season with the lime zest and juice and the Kikkoman Teriyaki Wok Sauce Roasted Garlic.

Step 2

1 small onion - **1 tsp** Kikkoman Toasted Sesame Oil **200 g** chopped tomatoes, tinned - **4 pinch** cumin, ground - **0.25 tsp** chilli powder - **2 tbsp** Kikkoman Teriyaki Wok Sauce with Roasted Garlic
Finely chop the onion and cook gently in the Kikkoman Sesame Oil. Add the chopped tomatoes, bring to a boil and simmer for 8–10 min. Season the sauce with the cumin, chilli powder and Kikkoman Teriyaki Wok Sauce Roasted Garlic.

Step 3

2 wraps/tortillas (e.g. wholemeal or protein) - **1 tbsp** Kikkoman Toasted Sesame Oil
Preheat the oven to 200 °C. Cut the tortillas into pieces of approximately 5 x 5 cm, arrange them in a small baking dish, drizzle with the Kikkoman Sesame Oil, toss carefully and bake in the preheated oven for approximately 10 min.

Step 4

1 small red onion - **100 g** feta
Cut the red onion into thin rings and crumble the feta. Drizzle the tortillas with the tomato sauce, scatter over the onion rings and feta and bake for a further 5 min.

Step 5

2 eggs - **1 tsp** Kikkoman Toasted Sesame Oil - A few coriander leaves

Fry the eggs sunny side up in a non-stick frying pan with the Kikkoman Sesame Oil. Arrange on the chilaquiles, garnish with the coriander and serve with the salsa.