KIKKOMAN

Japanese Tamago Omelette Sushi

Total time **20 mins** **5 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
401 kJ / 96 kcal

Fat: **5.7 g** Protein: **5.4 g**
Carbohydrates: **5.7 g**

INGREDIENTS

5 portion(s)

3	eggs
15 g	sugar
1 tsp	Kikkoman Naturally Brewed Soy Sauce
30 g	water

Or with Kikkoman Sauce for Rice

3	eggs
1 tsp	Kikkoman Sauce for Rice - sweet
5 g	sugar
20 g	water
	Some oil for the pan
25 g	cooked sushi rice

To serve:

	Rocket
	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

Whisk eggs with sugar, Kikkoman soy sauce and water.

Step 2

Pour a 1/3 into a lightly greased pan and fry gently until set on one side.

Step 3

Fold in right and left sides into the middle, then flip the top side down halfway and then again to form a roll shape.

Step 4

Push the roll to the edge of the pan and pour the second portion of egg into the pan.

Step 5

Fry on one side as before until set, then position the roll to the top of the omelette and fold this around the roll to add an extra layer.

Step 6

Repeat the process with the third portion of egg.

Step 7

Place the finished roll on kitchen paper and shape it with the help of the sushi mat; let them cool and

unroll them from the mat.

Step 8

Thinly slice off the ends of the roll and cut the remaining roll into 5 pieces.

Step 9

Cut a small pocket in the top of each piece (1/2 cm deep) and fill each pocket with 5 g of sushi rice.

Step 10

Arrange tamago on a platter with rocket and serve with Kikkoman soy sauce.