KIKKOMAN

Lettuce wraps with turkey and dressing

Total time **5 mins** **5 mins** preparation time

Nutritional facts (per portion):
1,759 kJ / 420 kcal

Fat: **20 g** Protein: **27 g**
Carbohydrates: **24 g**

INGREDIENTS

2 portion(s)

6	large lettuce leaves
1 tbsp	vegetable oil
1	red onion, chopped
150 g	minced turkey
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.25	courgette, thinly sliced
50 g	cherry tomatoes

Soy sauce-yoghurt dressing:

2 tbsp	plain yoghurt
0.5 tsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

1 tbsp vegetable oil - **1** red onion, chopped - **150 g** minced turkey - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.25** courgette, thinly sliced - **6** large lettuce leaves - **50 g** cherry tomatoes
Heat the vegetable oil in a pan and sauté half the chopped onion, turkey, Kikkoman Soy Sauce and courgette for about 5 minutes, until the liquid has evaporated. Spoon the turkey–courgette filling onto the lettuce leaves. Halve the cherry tomatoes, then place on top with the remaining onion.

Step 2

2 tbsp plain yoghurt - **0.5 tsp** Kikkoman Naturally Brewed Soy Sauce
Mix the yoghurt with the Kikkoman Soy Sauce to make a simple dressing. Drizzle with the soy–yoghurt dressing and pack the wraps in a container.