KIKKOMAN

Poke mayonnaise dip with avocado and egg

Total time **25 mins** **20 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
2,957 kJ / 706 kcal

Fat: **35 g** Protein: **20.6 g**
Carbohydrates: **72 g**

INGREDIENTS

2 portion(s)

2	hard-boiled eggs
100 g	avocado
2	spring onions
3	sun-dried tomatoes in oil
4 tbsp	Kikkoman Sauce for Poke Bowl
50 g	mayonnaise
1 tsp	balsamic vinegar
1 tsp	chopped parsley
1 pinch	of chilli powder
	Freshly ground pepper
1	baguette
4	green asparagus spears
1 tsp	salt
1	carrot
0.5	cucumber
2	stalks of celery

PREPARATION

Step 1

2 hard-boiled eggs - **100 g** avocado - **2** spring onions - **3** sun-dried tomatoes in oil
Peel the eggs. Finely chop the eggs, avocado, spring onions, and tomatoes and mix them together.

Step 2

4 tbsp Kikkoman Sauce for Poke Bowl - **50 g** mayonnaise - **1 tbsp** balsamic vinegar - **1 tsp** chopped parsley - **1 pinch** of chilli powder - Freshly ground pepper
Mix the chopped ingredients with the Kikkoman Poke Sauce, mayonnaise, vinegar, parsley, chilli powder and pepper.

Step 3

1 small baguette - **4** green asparagus spears - **1 tsp** salt - **1** carrot - **0.5** cucumber - **2** stalks of celery
Slice the baguette and toast in a pan. Blanch the asparagus in salted water for approx. 3 minutes. Cut the carrot, cucumber, celery and asparagus into sticks. Serve the baguette slices and vegetables with the dip.