

# Puff pastry asparagus with cream cheese

Total time **30 mins** 10 mins preparation time 20 mins cooking time

Nutritional facts (per portion):  
**3,945 kJ / 945 kcal**

Fat: **68 g** Protein: **18.5 g**  
Carbohydrates: **69 g**

## INGREDIENTS

2 portion(s)

<b>1 bunch</b>	green asparagus
<b>1 tbsp</b>	<u>Kikkoman Toasted Sesame Oil</u>
<b>2 tbsp</b>	white sesame seeds
<b>200 g</b>	puff pastry
<b>130 g</b>	plain cream cheese
<b>4 tbsp</b>	<u>Kikkoman Teriyaki BBQ Sauce with Honey &amp; Smoky Taste</u>
<b>1 tbsp</b>	black sesame seeds
<b>1</b>	egg

## PREPARATION

### Step 1

**1 bunch** green asparagus - **1 tbsp** Kikkoman Toasted Sesame Oil - **2 tbsp** white sesame seeds  
Wash the asparagus and break or cut off the woody ends (about 2–3 cm). If the stems are thick, gently peel the lower part. Pat dry, brush with Kikkoman Sesame Oil, then coat in the white sesame seeds.

### Step 2

**200 g** puff pastry - **130 g** plain cream cheese - **2 tbsp** Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste  
Mix the cream cheese with the Kikkoman Teriyaki BBQ Sauce Honey and spread it over the sheet of puff pastry. Cut the pastry into 4 long strips and wrap each strip around a few asparagus spears.

### Step 3

**1 tbsp** black sesame seeds - **1** egg - **2 tbsp** Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste  
Place the wrapped asparagus on a baking tray lined with baking paper. Brush with beaten egg and sprinkle with the black sesame seeds. Bake for 20 minutes at 200 °C. Serve with the Kikkoman Teriyaki BBQ Sauce Honey.