KIKKOMAN

Sesame tofu katsu with rice and green peas

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

Nutritional facts (per portion):
2,407 kJ / 575 kcal

Fat: **20.5 g** Protein: **21 g**
Carbohydrates: **75.5 g**

INGREDIENTS

2 portion(s)

100 g	basmati rice
50 g	green peas
1 tsp	chopped mint
2 tbsp	lemon juice
1 tsp	grated lemon zest
1 pinch	of pepper
0.5	pomegranate (seeds only)
180 g	tofu
2 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
3 tbsp	almond milk
1 tbsp	potato starch
15 g	sesame seeds
20 g	corn flakes
2 tbsp	olive oil
Sauce:	
2 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
2 tbsp	maple syrup
1 tsp	Kikkoman Toasted Sesame Oil
1 tbsp	chopped chives

PREPARATION

Step 1

Rinse the rice, add to a pan with double the amount of water, and cook for 10 minutes. Cook the peas until tender, and mix them with the rice, chopped mint, lemon zest, lemon juice, pepper, and pomegranate seeds.

Step 2

Soak the tofu in a mixture of Kikkoman Gluten-free Soy Sauce combined with almond milk and potato starch. Coat all over in sesame seeds and crushed cornflakes, then fry in olive oil until golden brown.

Step 3

Cut the fried tofu into slices and serve it with the rice. Mix together the Kikkoman Gluten-free Soy Sauce, maple syrup, sesame oil, and chives and drizzle over the tofu and rice.