KIKKOMAN

# Summer rolls with tofu

Total time **20 mins** **20 mins** preparation time

Nutritional facts (per portion):
**1,949 kJ / 466 kcal**

Fat: **20 g** Protein: **19.3 g**
Carbohydrates: **50 g**

## INGREDIENTS

**2 portion(s)**

| | |
|---|---|
| **6** | sheets of rice paper |
| **100 g** | tofu |
| **0.5** | red pepper |
| **0.5** | long cucumber |
| **40 g** | red cabbage |
| **0.5** | courgette |
| **120 g** | cooked rice noodles |
| **20 g** | cooked peas |
| **2 tbsp** | chopped peanuts |
| **2 tbsp** | fresh coriander |
| **2 tbsp** | Kikkoman Naturally Brewed Soy Sauce |
| **1 tbsp** | Kikkoman Toasted Sesame Oil |
| **1 tbsp** | maple syrup |
| **1 tbsp** | lime juice |
| **1 tbsp** | peanut butter |

## PREPARATION

### Step 1

**6** sheets of rice paper - **100 g** tofu - **0.5** red pepper - **0.5** long cucumber - **40 g** red cabbage - **0.5** courgette
Cut the vegetables and tofu into sticks. Soak the rice paper in water until it softens.

### Step 2

**120 g** cooked rice noodles - **20 g** cooked peas - **2 tbsp** chopped peanuts
Place a portion of noodles, tofu, chopped vegetables, cooked peas and nuts on a sheet of the rice paper. Roll it up carefully.

### Step 3

**2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** Kikkoman Toasted Sesame Oil - **1 tbsp** maple syrup - **1 tbsp** lime juice - **1 tbsp** peanut butter - **2 tbsp** fresh coriander
Mix the sauce ingredients and serve with the summer rolls and coriander.