

# White asparagus cordon bleu

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

Nutritional facts (per portion):  
**3,050 kJ / 730 kcal**

Fat: **46 g** Protein: **33 g**  
Carbohydrates: **43 g**

## INGREDIENTS

2 portion(s)

<b>400 g</b>	white asparagus
<b>750 ml</b>	water
<b>0.5 tsp</b>	salt
<b>2 tbsp</b>	<u>Kikkoman Teriyaki Wok Sauce with Roasted Garlic</u>
<b>150 g</b>	prosciutto cotto, sliced
<b>100 g</b>	Gouda or Gruyère cheese, sliced
<b>3 tbsp</b>	mayonnaise
<b>1.5 tbsp</b>	<u>Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</u>
<b>0.5 tbsp</b>	<u>Kikkoman Naturally Brewed Soy Sauce</u>
<b>50 g</b>	wheat flour
<b>100 g</b>	<u>Kikkoman Panko - Japanese style crispy bread crumbs</u>
<b>2</b>	eggs
<b>3 tbsp</b>	rapeseed oil

## PREPARATION

### Step 1

**400 g** white asparagus - **750 ml** water - **0.5 tsp** salt - **2 tbsp** Kikkoman Teriyaki Wok Sauce with Roasted Garlic

Peel the white asparagus thoroughly and snap off the woody ends. Parboil for 3–4 minutes in lightly salted water, then drain well. Pour the Kikkoman Teriyaki Wok Sauce Roasted Garlic into a bowl, add the asparagus and mix to coat. Leave to stand for 5 minutes. Heat a pan, add the asparagus with the marinade and fry for 2–3 minutes, stirring constantly. Set aside to cool.

### Step 2

**150 g** prosciutto cotto, sliced - **100 g** Gouda or Gruyère, sliced

Lay a slice of prosciutto cotto on a board and top with a slice of cheese. Place 2–3 asparagus spears on top, blotting off any excess marinade with kitchen paper, then roll up tightly. Secure the edges with toothpicks if needed.

### Step 3

**3 tbsp** mayonnaise - **1.5 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **0.5 tbsp** Kikkoman Naturally Brewed Soy Sauce - **50 g** wheat flour - **100 g** Kikkoman Panko - Japanese style crispy bread crumbs - **2** eggs - **3 tbsp** rapeseed oil

Mix the mayonnaise with the Kikkoman Lemon Ponzu and Kikkoman Soy Sauce until smooth to make a dip. Put the flour, beaten eggs and Kikkoman Panko in three separate bowls. Coat the asparagus rolls in flour, then egg, then the Kikkoman Panko. Fry in the rapeseed oil until

golden on all sides. Serve with the dip. Remove any toothpicks before serving.