

# Sesame tofu katsu with rice and green peas

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

Nutritional facts (per portion):  
**2407 kJ / 575 kcal**

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

## INGREDIENTS

2 portion(s)

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