

Vegan Eggplant Tempura Roll

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/the-best-japanese-tempura-batter-recipe>

Ingredients:

- 1 nori 4in x 7in piece of
- sushi rice prepared
- 1 teaspoon toasted sesame seeds
- 2 strips eggplant about 1/4 in wide
- 1 teaspoon scallions finely chopped, or more to taste
- carrot matchstick sized, strips
- romaine lettuce thinly sliced
- tempura batter see below
- flour for dredging
- oil for frying
- 1/2 package firm tofu
- 1/4 cup diced tomato
- 1/2 teaspoon miso paste yellow, or more to taste
- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup ice water

Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 73 grams
3. Fat: 10 grams
4. Fiber: 5 grams
5. Protein: 15 grams
6. SaturatedFat: 1 grams
7. Sodium: 480 milligrams
8. Sugar: 2 grams

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