

Avocado and bean dip with grilled potatoes

Total time **50 mins** 20 mins preparation time 30 mins cooking time

INGREDIENTS

4 portion(s)

1 kg	small waxy potatoes
3 tbsp	rapeseed oil
8 tbsp	Kikkoman Naturally Brewed Soy Sauce
3	avocados
100 g	white beans, cooked
180 g	natural yogurt (10% fat)
1	lime (juice)
2 tbsp	olive oil
2	sprigs of thyme, leaves only
100 g	whole almonds
50 g	pumpkin seeds
2 tsp	honey

PREPARATION

Step 1

Cook the potatoes in a saucepan with water and salt until soft. Drain and let cool down briefly. Halve or quarter the potatoes lengthways, coat in rapeseed oil and 2 tbsp Kikkoman soy sauce and grill or barbecue until tender.

Step 2

In the meantime, cut the avocados in half, remove the stone and remove the flesh with a spoon. Blend with the beans, 4 tbsp Kikkoman soy sauce, yogurt, lime juice and olive oil.

Step 3

Toast the almonds and pumpkin seeds in a dry pan and glaze with 2 tbsp Kikkoman soy sauce and honey.

Step 4

Pour the avocado bean dip into a bowl. Garnish with roasted almonds, pumpkin seeds and thyme and serve with the grilled or barbecued potatoes.