KIKKOMAN

"Bagna cauda" dip with tofu and soy sauce

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

Nutritional facts (per portion):
1,009 kJ / 241 kcal

Fat: **15.3 g** Protein: **18.7 g**
Carbohydrates: **5.8 g**

INGREDIENTS

4 portion(s)

3	cloves of garlic
0.5	small onion
3 tbsp	olive oil
2 tbsp	white wine
1	can of tuna, in oil (= 185 g)
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
100 g	solid tofu
2 tbsp	lemon juice
1 tbsp	honey
2 tbsp	grated parmesan
1 tbsp	capers
0.5 tsp	salt
	Some freshly ground white pepper

PREPARATION

Step 1

Peel the garlic and onion and cut into thin slices. Heat up ½ tbsp olive oil in a pot, add garlic and onion and fry. Pour in white wine, bring to the boil and put the mixture into a blender.

Step 2

Drain tuna well. In a saucepan, heat another ½ tbsp olive oil, add the tuna and sauté until the tuna is "dry". Add 2 tbsp Kikkoman soy sauce and fry briefly. Put the mixture on a plate and let it cool down.

Step 3

Add the tuna mixture to the onion-garlic mixture in the blender. Add well drained tofu, remaining Kikkoman soy sauce, remaining olive oil, lemon juice and honey and blend to a puree. Add parmesan, capers, salt and pepper, stir and serve the dip.