

"Bagna cauda" dip with tofu and soy sauce

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

Nutritional facts (per portion):

1009 kJ / 241 kcal

INGREDIENTS

4 portion(s)

3 cloves of garlic 0.5 small onion 3 tbsp olive oil 2 tbsp white wine

can of tuna, in oil (= 185 1

g)

4 tbsp Kikkoman Naturally

Brewed Soy Sauce

solid tofu **100** g 2 tbsp lemon juice 1 tbsp

honey

2 tbsp grated parmesan

1 tbsp capers 0.5 tsp salt

Some freshly ground

white pepper

Fat: 15.3 g Protein: 18.7 g

Carbohydrates: 5.8 g

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.