

# "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**

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

## INGREDIENTS

4 portion(s)

<b>3</b>	cloves of garlic
<b>0.5</b>	small onion
<b>3 tbsp</b>	olive oil
<b>2 tbsp</b>	white wine
<b>1</b>	can of tuna, in oil (= 185 g)
<b>4 tbsp</b>	Kikkoman Naturally Brewed Soy Sauce
<b>100 g</b>	solid tofu
<b>2 tbsp</b>	lemon juice
<b>1 tbsp</b>	honey
<b>2 tbsp</b>	grated parmesan
<b>1 tbsp</b>	capers
<b>0.5 tsp</b>	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.