KIKKOMAN

Baked potato with tofu & bean spread

Total time **50 mins** **15 mins** preparation time **35 mins** cooking time

Nutritional facts (per portion):
920 kJ / 220 kcal

Fat: **10.5 g** Protein: **11 g**
Carbohydrates: **26 g**

INGREDIENTS

6 portion(s)

6	potatoes, large (about 200 g each)
30 ml	olive oil
1 pinch	of salt
200 g	tofu, firm
200 g	white beans, cooked and drained
2	garlic cloves, peeled and crushed
1 bunch	mint, chopped
1 bunch	parsley, chopped
2 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 tbsp	balsamic glaze
	Juice of 1 fresh lemon (about 2 tbsp)
1 tsp	Kikkoman Toasted Sesame Oil
	Fresh parsley, to garnish
	Black pepper, to taste

PREPARATION

Step 1

6 potatoes, large (about 200 g each) - **30 ml** olive oil - **1 pinch** of salt
Wash the potatoes thoroughly. Prick each potato 3–4 times with a knife. Rub with the olive oil and sprinkle with the salt. Bake in a preheated oven at 200 °C for 45 minutes - 1 hour, until tender.

Step 2

200 g tofu, firm - **200 g** white beans, cooked and drained - **2** garlic cloves, peeled and crushed - **1 bunch** mint, chopped - **1 bunch** parsley, chopped - **2 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tbsp** balsamic glaze - Juice of 1 lemon (about 2 tbsp) - **1 tsp** Kikkoman Toasted Sesame Oil - Black pepper, to taste
Place the tofu in a blender. Add the beans, crushed garlic, mint, parsley, Kikkoman Gluten-free Soy Sauce, balsamic cream, lemon juice and Kikkoman Sesame Oil. Blend on high speed until smooth. Season with the black pepper.

Step 3

Fresh parsley, to garnish
Remove the potatoes from the oven and cut each in half. Place on a plate and spoon a generous amount of the tofu and bean paste onto each potato half. Garnish with the fresh parsley.