KIKKOMAN

Bruschetta with edamame and semi-dried tomatoes

Total time **30 mins** **30 mins** preparation time

Nutritional facts (per portion):
2,520 kJ / 602 kcal

Fat: **36.7 g** Protein: **15.2 g**
Carbohydrates: **52.3 g**

INGREDIENTS

4 portion(s)

For the Edamame topping:

400 g	Edamame, without shell
1	avocado
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
3 tbsp	peanut oil (or vegetable oil)
1 tbsp	lemon juice
2 tbsp	icing sugar
1 pinch	of salt

For the tomato topping:

180 g	half-dried tomatoes (see tip)
2.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
4 tbsp	of olive oil
1 tsp	lemon juice
	Oregano (or basil) as desired
0.5	vegan baguette

PREPARATION

Step 1

Preparation: semi-dried tomatoes (These can be cooked in parallel in the oven when preparing other recipes): Preheat oven to 120-130°C top/bottom heat. Wash 400 g cherry tomatoes, cut in half, drizzle with 2 tbsp olive oil, spread on a baking tray lined with baking paper and cook in the oven for approx. 2 hours.

Step 2

For the Edamame-Topping, blanch, quench, drain well and remove the thin skin from the Edamame. Cut the avocado in half, remove the stone, peel the avocado and slice the flesh.

Step 3

Put 200 g Edamame and all other ingredients for the Edamame topping in a blender and puree.

Step 4

For the tomato topping cut the tomatoes in half, place in a bowl and season with soy sauce, 3 tbsp olive oil, lemon juice and oregano.

Step 5

For the topping cut the baguette into 1 cm thick slices, spread the surface with the remaining olive oil and toast. Spread the baguette slices with the edamame topping, cover with the remaining edamame, garnish with the tomato topping and

serve.