KIKKOMAN

Cream of sweetcorn soup with crunchy kernels

Total time **55 mins** **15 mins** preparation time **40 mins** cooking time

Nutritional facts (per portion):
3,784 kJ / 904 kcal

Fat: **72.8 g** Protein: **26.2 g**
Carbohydrates: **29.8 g**

INGREDIENTS

2 portion(s)

80 g	onion
30 g	butter
200 g	frozen or tinned sweetcorn
0.5 tsp	cumin
0.5 tsp	oregano
0.5 tsp	dried garlic
0.5 tsp	dried ginger
80 ml	Kikkoman Naturally Brewed Soy Sauce
400 ml	vegetable/meat stock
200 ml	coconut milk

Roasted seeds:

10 g	sunflower seeds
10 g	pumpkin seeds
5 g	chia seeds

Whipped cream:

100 ml	double cream
1 tsp	smoked sweet paprika powder
15 ml	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

80 g onion - **30 g** butter - **200 g** frozen or tinned sweetcorn - **0.5 tsp** cumin - **0.5 tsp** oregano - **0.5 tsp** dried garlic - **0.5 tsp** dried ginger - **80 ml** Kikkoman Naturally Brewed Soy Sauce - **400 ml** vegetable/meat stock - **200 ml** coconut milk
Chop the onion and fry in butter until golden brown for about 5 minutes. Then add the sweetcorn (drained if tinned) and spices and fry for approx. 1 minute. Add the Kikkoman Soy Sauce, stock and coconut milk and let it simmer for about 30 minutes. Then blend until smooth.

Step 2

10 g sunflower seeds - **10 g** pumpkin seeds - **5 g** chia seeds
Dry fry the seeds in a pan for about 5 minutes, stirring frequently until toasted.

Step 3

100 ml double cream (from the fridge) - **1 tsp** smoked sweet paprika powder - **15 ml** Kikkoman Naturally Brewed Soy Sauce
Whip the cold cream until it forms stiff peaks, then season with smoked paprika powder and Kikkoman Soy Sauce.
Pour the soup from step 1 into two bowls, add 1 portion of whipping cream to each and decorate with the roasted seeds.