

# Creamy roasted vegetable soup with chickpeas

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

Nutritional facts (per portion):  
**1482 kJ / 354 kcal**

Fat: **15 g** Protein: **10 g**  
Carbohydrates: **43 g**

## INGREDIENTS

3 portion(s)

**3** potatoes  
**0.5** sweet potato  
**2** carrots  
**1** onion  
**1** leek  
**1** head of garlic  
**2.5 cm** piece of ginger  
**0.5 bunch** of coriander  
**3 tbsp** olive oil  
**1 tsp** ground cumin  
**1 l** of vegetable stock  
**200 ml** tomato passata  
**2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon  
**0.5 tsp** of mixed pepper  
**Additionally:**  
**100 g** cooked chickpeas  
**50 g** celeriac  
**0.5 bunch** of coriander  
**2 tbsp** sour cream

## PREPARATION

### Step 1

**3** potatoes - **0.5** sweet potato - **2** carrots - **1** onion - **1** leek - **1** head of garlic - **2.5 cm** piece of ginger - **0.5 bunch** of coriander - **3 tbsp** olive oil - **1 tsp** ground cumin

Preheat the oven to 190 degrees Celsius. Wash and dice vegetables, finely chop garlic, ginger and herbs. Arrange them on a baking sheet, toss in the oil, sprinkle with cumin and bake for 25 minutes until golden brown.

### Step 2

**1 l** of vegetable stock - **200 ml** tomato passata - **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **0.5 tsp** of mixed pepper

Transfer the roasted vegetables to a pot, pour in the stock and tomato passata, and cook for 15 minutes. Blend the mixture into a smooth creamy soup and season with Kikkoman Ponzu Lemon and pepper.

### Step 3

**100 g** cooked chickpeas - **50 g** celeriac - **0.5 bunch** of coriander - **2 tbsp** sour cream

Serve the soup with cooked chickpeas, grated celeriac, chopped coriander and sour cream.