

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

INGREDIENTS

3 portion(s)

potatoes
sweet potato
carrots
onion
leek

1 head of garlic2.5 cm piece of ginger0.5 bunch of coriander3 tbsp olive oil

1 tsp ground cumin1 of vegetable stock200 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 celeriac0.5 bunch of coriander2 tbsp sour cream

Carbohydrates: **43** g

Fat: **15** g Protein: **10** g

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.