KIKKOMAN

Creamy Sweet Potato Dip with Soy Sauce

Total time **15 mins** **15 mins** preparation time

Nutritional facts (per portion):
516 kJ / 123 kcal

Fat: **2.7 g** Protein: **1.7 g**
Carbohydrates: **20.8 g**

INGREDIENTS

4 portion(s)

200 g	sweet potato
60 ml	sweet white wine
160 ml	mineral water
2 tbsp	brown sugar
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	cayenne pepper
1 tsp	sesame oil
3 tbsp	sour cream (or whipped cream)

PREPARATION

Step 1

Wash the sweet potato, cut it into approx. 1.5 cm thick slices and place them next to each other on a plate. Cover with cling film and cook in the microwave at 600 watts for about 3-4 minutes.

Step 2

Take out the plate and let the sweet potato cool down for a short time, then peel and cut it into rough cubes.

Step 3

Boil the white wine, mineral water and brown sugar in a small pan. When the sugar is dissolved, add the soy sauce and let it cool down.

Step 4

Put the sweet potato cubes, the cooked mixture, cayenne pepper and sesame oil in a blender and puree.

Step 5

Just before serving, first pour the sour cream (or whipped cream) into a small bowl or glass, then add the sweet potato dip and serve.