KIKKOMAN

Easy Pea Soup with mint, chickpeas and feta cheese

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
1,810 kJ / 433 kcal

Fat: **30.6 g** Protein: **14.6 g**
Carbohydrates: **28.3 g**

INGREDIENTS

2 portion(s)

100 g	potatoes
100 g	leek
1 tbsp	butter
200 g	green fresh peas
700 ml	vegetable stock
1 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5 tsp	freshly ground pepper
1 tbsp	fresh mint
To serve:	
150 g	cooked chickpeas
1 tbsp	olive oil
1 tbsp	ground paprika
1 tsp	ground coriander
60 g	feta cheese
0.5 tsp	pepper

PREPARATION

Step 1

Dice the potatoes, cut the leek into slices. In a saucepan, fry in butter, and when slightly softened, pour in the stock and add the peas. Season with Kikkoman Ponzu lemon and pepper. Cook for 20 minutes.

Step 2

Meanwhile, preheat the oven to 200 °C. Coat the rinsed chickpeas with olive oil, ground paprika and coriander. Place in a tin and bake for 15 minutes.

Step 3

Using a blender, blend the soup until smooth and sprinkle with fresh mint. Serve with roasted chickpeas and crumbled feta cheese.