KIKKOMAN

Ember-baked potato with red pepper salsa

Total time **60 mins** **10 mins** preparation time **50 mins** cooking time

Nutritional facts (per portion):
1,420 kJ / 340 kcal

Fat: **14 g** Protein: **9 g**
Carbohydrates: **42 g**

INGREDIENTS

2 portion(s)

400 g	potatoes
30 ml	rapeseed oil
2	red peppers
2	garlic cloves, chopped
20 ml	Kikkoman Naturally Brewed Soy Sauce
10 ml	lemon juice
120 g	cooked chickpeas
	A few coriander or parsley leaves (whole)

PREPARATION

Step 1

400 g potatoes - **30 ml** rapeseed oil
Drizzle the potatoes with the rapeseed oil, wrap in foil and bury in the campfire embers for about 40 minutes.

Step 2

2 red peppers
Roast the peppers over the fire, then place in a bowl, cover tightly and leave for 10 minutes before peeling off the skin.

Step 3

2 garlic cloves, chopped - **20 ml** Kikkoman Naturally Brewed Soy Sauce - **10 ml** lemon juice - **120 g** cooked chickpeas - A few coriander or parsley leaves (whole)
Dice the roasted peppers finely and mix with the chopped garlic, Kikkoman Soy Sauce and lemon juice. Add the chickpeas and lightly mash with a fork. Cut the baked potatoes open, lightly mash the insides and top with the salsa. Garnish with the coriander or parsley leaves.