KIKKOMAN

Hokkaido squash and sweet potato chowder

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
2,628 kJ / 628 kcal

Fat: **39 g** Protein: **14 g**
Carbohydrates: **60 g**

INGREDIENTS

2 portion(s)

1	small onion
40 g	celery
250 g	sweet potatoes
300 g	Hokkaido squash
10 g	fresh ginger
2	garlic cloves
0.25	chilli
2 tbsp	rapeseed oil
10 g	butter
2	sprigs of fresh thyme
15 g	cornflour
400 ml	vegetable stock
150 ml	coconut milk
3 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
0.33 tsp	curry powder
0.25 tsp	freshly grated nutmeg
2 handful	of baby spinach
100 g	cherry tomatoes
2 tbsp	fresh parsley
2 tsp	fresh thyme
40 g	cashews

PREPARATION

Step 1

1 small onion - **40 g** celery - **250 g** sweet potatoes - **300 g** Hokkaido squash - **10 g** fresh ginger - **2** garlic cloves - **0.25** chilli
Finely dice the onion. Wash and slice the celery. Peel the sweet potatoes and deseed the squash, then cut both into 2 cm cubes. Peel and grate the ginger, chop the garlic, and slice the chilli.

Step 2

2 tbsp rapeseed oil - **10 g** butter - **2** sprigs of fresh thyme - **15 g** cornflour - **400 ml** vegetable stock - **150 ml** coconut milk - **3 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **0.33 tsp** curry - **0.25 tsp** freshly grated nutmeg
Heat the oil and butter in a saucepan. Add the vegetables from Step 1 and stir-fry briefly. Add the thyme sprigs and cornflour, stirring continuously. Pour in the stock, coconut milk and Kikkoman Gluten free Soy Sauce, then add the spices. Simmer on a low heat for 15 minutes until the vegetables are almost soft.

Step 3

2 handful of baby spinach - **100 g** cherry tomatoes - **2 tbsp** fresh parsley - **2 tsp** fresh thyme - **40 g** cashews
Halve the tomatoes and add them along with the spinach to the saucepan from step 2. Cook everything together for a further 5 minutes. Remove the sprigs of thyme. Chop the parsley and cashews. Pour the chowder into a bowl and garnish with the parsley, thyme and cashews.