KIKKOMAN

Hummus dip with soy sauce

Total time **10 mins** **10 mins** preparation time

Nutritional facts (per portion):
833 kJ / 199 kcal

Fat: **14.3 g** Protein: **4.4 g**
Carbohydrates: **11.3 g**

INGREDIENTS

4 portion(s)

1	clove of garlic
2 tbsp	tahini (or roasted sesame)
200 g	(cooked) chick peas (canned)
8 tbsp	cooking stock or canned water of chickpeas
4 tbsp	olive oil
2 tbsp	lemon juice
5.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	of sugar
1 tsp	paprika powder
	If desired: 1 tsp of caraway

For garnishing:

Olive oil
Kikkoman Naturally Brewed Soy Sauce
Coriander
Paprika powder

PREPARATION

Step 1

Peel the garlic, halve it, remove the middle stalk and chop the garlic coarsely.

Step 2

Put it in a blender with the remaining ingredients and puree.

Step 3

Drizzle the dip with olive oil and soy sauce, sprinkle with coriander and paprika and serve.