KIKKOMAN

Mezze platter with three dips

Total time **45 mins** **25 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,185 kJ / 283 kcal

Fat: **18 g** Protein: **10 g**
Carbohydrates: **17 g**

INGREDIENTS

6 portion(s)

Hummus:

400 g	cooked chickpeas, drained
2 tbsp	tahini
2	garlic cloves
20 ml	fresh lemon juice
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
50 ml	cold water
2 tbsp	olive oil
1 pinch	ground cumin

Yoghurt dip:

400 g	thick Greek yoghurt
1 tbsp	fresh mint, chopped
1 tbsp	fresh parsley, chopped
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	honey
1 tbsp	fresh lemon juice

Red pepper dip:

2	whole red peppers
2 tbsp	olive oil
1	garlic clove, peeled and crushed
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	honey
90 g	walnuts

PREPARATION

Step 1

400 g cooked chickpeas, drained - **2 tbsp** tahini - **2** garlic cloves - **20 ml** fresh lemon juice - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **50 ml** cold water - **2 tbsp** olive oil - **1 pinch** ground cumin
Place the drained chickpeas, tahini, garlic, lemon juice, Kikkoman Soy Sauce, water, cumin and olive oil in a blender. Process for 1–2 minutes until smooth and creamy. If too thick, add an extra tbsp of water.

Step 2

400 g thick Greek yoghurt - **1 tbsp** fresh mint, chopped - **1 tbsp** fresh parsley, chopped - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** honey - **1 tbsp** fresh lemon juice
Finely chop the mint and parsley. Combine all the ingredients in a bowl and mix with a spoon until fully blended.

Step 3

2 whole red peppers - **2 tbsp** olive oil - **1** garlic clove, peeled and crushed - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** honey - **90 g** walnuts
Preheat the oven to 220 °C. Toss the peppers in the olive oil and place them on a lined baking tray or directly on the grill. Roast for 15–20 minutes, turning occasionally, until the skins are charred. Remove from the oven, place in a bowl, cover with a plate or clingfilm and leave for 10–15 minutes to cool. Peel off the skins and remove the seeds. Place the peeled peppers and the garlic in a food processor. Add the Kikkoman Soy Sauce, honey and walnuts and blend on medium speed for 1–2

minutes until smooth. Serve all three dips together on one plate in separate bowls.