

Mushroom and Tomato Sauce

Total time **30 mins 15 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion): **309 kJ / 74 kcal**

INGREDIENTS

4 portion(s)

1	onion
1	garlic clove
2 tbsp	rapeseed oil
2	bay leaves
1 g	black peppercorns, whole
5 tbsp	Kikkoman Naturally
	Brewed Soy Sauce
100 g	tomato juice
1 tsp	tomato purée
1 tsp	porcini powder
1 g	smoked salt
1 tsp	sugar
1 tsp	starch (cornflour)

Fat: **5 g** Protein: **1.9 g** Carbohydrates: **5 g**

PREPARATION

Step 1

Peel the onion and roughly chop, then heat the oil in a pan until golden brown. Crush the garlic, add this to the onions, bay leaves and pepper, and then sauté.

Step 2

Add the tomato purée and sauté for a few minutes. Pour in the tomato juice and Kikkoman soy sauce. Season with sugar, smoked salt, and porcini powder and simmer gently for approx. 15 minutes. Then finely sieve the sauce.

Step 3

Mix the starch with a little water and bring the sieved sauce back to the boil. Pour in the dissolved starch, stirring constantly, and simmer for about one minute. The sauce is now ready.