KIKKOMAN

Red pepper, chilli & creamy feta spread

Total time **40 mins** **5 mins** preparation time **25 mins** cooking time **10 mins** resting time

Nutritional facts (per portion):
866 kJ / 207 kcal

Fat: **17.3 g** Protein: **7.7 g**
Carbohydrates: **5.2 g**

INGREDIENTS

4 portion(s)

1	red bell pepper
200 g	feta
30 ml	Kikkoman Naturally Brewed Soy Sauce
30 ml	olive oil
20 ml	lemon juice
2	garlic cloves
1 pinch	chilli flakes

PREPARATION

Step 1

Drizzle the red pepper with the olive oil and roast at 210 °C in the oven for about 25 minutes, until the skin begins to brown.

Step 2

Transfer the pepper to a bowl, cover with a plate and leave to stand for 10 minutes. This allows it to steam, making the skin easier to remove. Cut it in half, remove the seeds and peel off the skin.

Step 3

Place the feta, garlic, lemon juice and roasted pepper in a food processor. Add the Kikkoman Soy Sauce and blend until smooth.

Step 4

Serve garnished with the chilli flakes as a dip for vegetables or as a spread for bread.