KIKKOMAN

Roasted vegetable soup

Total time **40 mins** **5 mins** preparation time **35 mins** cooking time

Nutritional facts (per portion):
1,213 kJ / 290 kcal

Fat: **12 g** Protein: **8.5 g**
Carbohydrates: **28.5 g**

INGREDIENTS

2 portion(s)

2	carrots
0.5	courgette
3	tomatoes
1	red pepper
0.5	large onion
2 tbsp	olive oil
3 tbsp	chopped parsley
1 l	vegetable stock
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tsp	pepper
100 g	cooked millet

PREPARATION

Step 1

2 carrots - **0.5** courgette - **3** tomatoes - **1** red pepper - **0.5** large onion - **2 tbsp** olive oil - **2 tbsp** chopped parsley
Cut the vegetables into smaller pieces, rub them with the olive oil and chopped parsley, place on a baking tray and roast for 20 minutes at 200 °C.

Step 2

1 l vegetable stock - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** pepper - **1 tbsp** chopped parsley - **100 g** cooked millet
Place the baked vegetables in a pot, pour over the stock and cook for 15 minutes. Purée with a hand blender, season with Kikkoman Soy Sauce, pepper and parsley, and serve with the millet.