KIKKOMAN

Spicy prawn chowder

Total time **60 mins** **10 mins** preparation time **20 mins** cooking time **30 mins** marinating time

Nutritional facts (per portion):
2,577 kJ / 616 kcal

Fat: **19.3 g** Protein: **62.8 g**
Carbohydrates: **40 g**

INGREDIENTS

2 portion(s)

400 g	raw prawns
70 ml	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	honey
2	garlic cloves, chopped
1 tbsp	Kikkoman Toasted Sesame Oil
3 tbsp	lemon juice
0.5 tsp	ground ginger
2 tbsp	olive oil
2 tsp	chopped chilli
1	onion, chopped
1	yellow pepper, diced
200 g	broccoli, cut into florets
100 ml	white wine
500 ml	fish stock
500 ml	passata
200 g	white beans, tinned
0.5 tsp	black pepper
1 pinch	of salt to taste
2 tbsp	chopped parsley

PREPARATION

Step 1

400 g raw prawns - **70 ml** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** honey - **1** garlic clove, chopped - **1 tbsp** Kikkoman Toasted Sesame Oil - **3 tbsp** lemon juice - **0.5 tsp** ground ginger
Shell, clean and pat dry the prawns.
In a small bowl, mix the Kikkoman Soy Sauce, honey, chopped garlic, Kikkoman Sesame Oil, lemon juice and ginger. Add the prawns and marinate in the fridge for about 30 minutes.

Step 2

1 tbsp olive oil - **1 tsp** chopped chilli - **1** onion, chopped - **1** garlic clove, chopped - **1** yellow pepper, diced - **200 g** broccoli, cut into florets - **100 ml** white wine - **500 ml** fish stock
Heat the olive oil in a heavy-based pot. Add the chilli, onion and garlic. Then add the yellow pepper and broccoli florets. Fry, stirring frequently, for 3 minutes. Add the wine and cook until the liquid reduces by half, then pour in the fish stock. Cover and cook for about 10 minutes.

Step 3

500 ml passata - **200 g** white beans, tinned
Add the passata and drained beans to the soup. Bring to the boil, then lower the heat and simmer for 10 minutes.

Step 4

1 tbsp olive oil - **0.5 tsp** black pepper - **1 pinch** of salt to taste - **1 tsp** chopped chilli - **2 tbsp** chopped parsley
Heat the olive oil in a pan. Add the prawns along with the marinade from Step 1, and stir-fry over a

high heat for 2 minutes. Add the prawns to the soup, bring to the boil, and immediately remove from the heat. Season with salt and pepper to taste. Serve the chowder sprinkled with the chopped chilli and fresh parsley.