

Sweet potato & pea soup

Total time **22 mins** 10 mins preparation time 12 mins cooking time

Nutritional facts (per portion):
1,628 kJ / 389 kcal

Fat: **12 g** Protein: **14 g**
Carbohydrates: **62 g**

INGREDIENTS

2 portion(s)

300 g	sweet potatoes
300 g	Brussels sprouts, blanched
50 g	red onion
2 tbsp	olive oil
2	garlic cloves, finely chopped
800 ml	vegetable stock
2 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
50 g	frozen peas
100 g	cooked quinoa
0.5 tbsp	chopped parsley

PREPARATION

Step 1

300 g sweet potatoes - **300 g** Brussels sprouts, blanched - **50 g** red onion - **2 tbsp** olive oil - **2** garlic cloves, finely chopped - **800 ml** vegetable stock - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **50 g** frozen peas
Peel the sweet potatoes and cut them into cubes. Cut the Brussels sprouts in half and finely dice the onion. Heat the olive oil in a pot and sauté the vegetables. Add the garlic, vegetable stock and Kikkoman Less Salt Soy Sauce. Simmer over low heat for 8 minutes, then add the peas and cook for another 4 minutes.

Step 2

100 g cooked quinoa - **0.5 tbsp** chopped parsley
Spoon the quinoa into lunchboxes, pour in the soup and sprinkle with the chopped parsley.