KIKKOMAN

Tomato and Pepper Soup with Kikkoman Soy Sauce and Lime

Total time **60 mins** **60 mins** preparation time

Nutritional facts (per portion):
996 kJ / 238 kcal

Fat: **10.4 g**

INGREDIENTS

4 portion(s)

550 g	tomatoes, quartered
1	red pepper, deseeded and chopped
1	red onion, roughly chopped
0.5	red chilli, roughly chopped
1	garlic clove, roughly chopped
2 tbsp	sunflower oil
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 l	hot vegetable stock
200 g	can chickpeas, drained, reserving a few extra chickpeas to garnish
	Juice of 1 lime
	Watercress and croutons, to garnish

PREPARATION

Step 1

Preheat the oven to 220°C (200°C fan oven) gas 7. Set a sieve over a bowl. Use a teaspoon to remove the seeds from the tomatoes, tipping them into the sieve to catch the juices underneath. Discard the seeds and reserve the juice.

Step 2

Put the deseeded tomato quarters, pepper, red onion, chilli and garlic in a roasting tin. Add the sunflower oil and toss to mix. Roast for 30min.

Step 3

Pour over the Kikkoman Soy Sauce and half the hot vegetable stock and continue to cook for 20min. Add the reserved tomato juice, remaining stock and chickpeas, then whiz in batches with a blender until smooth.

Step 4

Pour into a saucepan and reheat gently. Stir in the lime juice, then divide among four bowls and garnish with watercress, croutons and chickpeas. Serve immediately.