KIKKOMAN

Yoghurt and spinach dip with grilled peppers

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
2,310 kJ / 553 kcal

Fat: **37 g** Protein: **23 g**
Carbohydrates: **34 g**

INGREDIENTS

6 portion(s)

Ciabatta:

200 g	ciabatta, sliced
60 ml	olive oil
2	garlic cloves, peeled and chopped

Grilled peppers:

2	yellow peppers
2	red peppers
30 ml	olive oil
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tbsp	honey

Spinach yoghurt:

60 g	fresh spinach
400 g	Greek yoghurt
1	garlic clove, peeled and chopped
1 tbsp	dill, chopped
	Juice of 1 fresh lime
1 tbsp	toasted sesame seeds
	Black pepper, to taste

PREPARATION

Step 1

200 g ciabatta, sliced - **60 ml** olive oil - **2** garlic cloves, peeled and chopped
Cut the bread into slices about 1 cm wide. Arrange on a baking tray. Brush with the olive oil and sprinkle with the chopped garlic. Bake in a preheated oven at 200 °C for 10–15 minutes until crispy and golden.

Step 2

2 yellow peppers - **2** red peppers - **30 ml** olive oil - **3 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tbsp** honey
Wash the peppers and cut into thick strips about 4 cm wide. Mix with the Kikkoman Less Salt Soy Sauce, olive oil and honey. Place on a lined baking tray. Roast in a preheated oven at 220 °C for 10 minutes. Remove and leave to cool.

Step 3

60 g fresh spinach - **400 g** Greek yoghurt - **1** garlic clove, peeled and chopped - **1 tbsp** dill, chopped - Juice of 1 fresh lime - **1 tbsp** toasted sesame seeds - Black pepper, to taste
Chop the spinach finely. Place the Greek yoghurt in a large bowl. Add the chopped spinach, dill and garlic. Add the lime juice and season with the black pepper. Mix thoroughly.
Spread the spinach yoghurt mixture on a large plate, arrange the roasted peppers on top and serve the ciabatta croutons alongside. Sprinkle with the sesame seeds to garnish.