

Creamy roasted vegetable soup with chickpeas

Total time **55 mins** 15 mins preparation time 40 mins cooking time

Nutritional facts (per portion):
1482 kJ / 354 kcal

Fat: **15 g** Protein: **10 g**
Carbohydrates: **43 g**

INGREDIENTS

3 portion(s)

3 potatoes
0.5 sweet potato
2 carrots
1 onion
1 leek
1 head of garlic
2.5 cm piece of ginger
0.5 bunch of coriander
3 tbsp olive oil
1 tsp ground cumin
1 l of vegetable stock
200 ml tomato passata
2 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5 tsp of mixed pepper
Additionally:
100 g cooked chickpeas
50 g celeriac
0.5 bunch of coriander
2 tbsp sour cream

PREPARATION

Step 1

3 potatoes - **0.5** sweet potato - **2** carrots - **1** onion - **1** leek - **1** head of garlic - **2.5 cm** piece of ginger - **0.5 bunch** of coriander - **3 tbsp** olive oil - **1 tsp** ground cumin

Preheat the oven to 190 degrees Celsius. Wash and dice vegetables, finely chop garlic, ginger and herbs. Arrange them on a baking sheet, toss in the oil, sprinkle with cumin and bake for 25 minutes until golden brown.

Step 2

1 l of vegetable stock - **200 ml** tomato passata - **2 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **0.5 tsp** of mixed pepper

Transfer the roasted vegetables to a pot, pour in the stock and tomato passata, and cook for 15 minutes. Blend the mixture into a smooth creamy soup and season with Kikkoman Ponzu Lemon and pepper.

Step 3

100 g cooked chickpeas - **50 g** celeriac - **0.5 bunch** of coriander - **2 tbsp** sour cream

Serve the soup with cooked chickpeas, grated celeriac, chopped coriander and sour cream.