KIKKOMAN

Creamy pepper and tomato soup with teriyaki prawns

Kopējais laiks **45 min.** **10 min.** sagatavošanas laiks **10 min.** marinēšanas laiks **25 min.** gatavošanas laiks

Uzturvērtība (uz porciju):
1.696 kJ / 405 kcal

Tauki: **21,20 g** Olbaltumvielas: **26 g**
Ogļhidrāti: **26,60 g**

SASTĀVDAĻAS

2 Porcijas

3	red peppers
3	juicy tomatoes
1 ēdamk.	chopped chilli pepper
1	clove garlic
1 ēdamk.	olive oil
400 ml	vegetable stock
1,5 ēdamk.	Kikkoman Sojas mērce
0,25 tējk.	freshly ground pepper
2 ēdamk.	chopped fresh basil
To serve:	
150 g	raw prawns
2 ēdamk.	Kikkoman Teriyaki marināde
60 g	padron peppers (or courgette)
1 tējk.	olive oil
1 ēdamk.	chopped fresh basil
1 ēdamk.	chopped fresh chilli pepper

PAGATAVOŠANA

Solis 1

In a saucepan, fry the diced peppers, chilli peppers, tomatoes and chopped garlic in olive oil. Pour in stock, season with Kikkoman soy sauce (or Kikkoman Ponzu) and cook it for 20 minutes.

Solis 2

When the soup is almost ready, coat the cleaned prawns with Kikkoman Teriyaki Marinade and fry or grill until cooked. Fry the padron peppers or sliced courgette in olive oil and sprinkle over the basil and chilli.

Solis 3

Using a blender, blend the soup until smooth, season with pepper and fresh basil. Serve with the cooked prawns and padrons.