KIKKOMAN

"Bagna cauda" dip with tofu and soy sauce

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

Nutritional facts (per portion):
1,009 kJ / 241 kcal

Fat: **15.3 g** Protein: **18.7 g**
Carbohydrates: **5.8 g**

INGREDIENTS

4 portion(s)

3	cloves of garlic
0.5	small onion
3 tbsp	olive oil
2 tbsp	white wine
1	can of tuna, in oil (= 185 g)
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
100 g	solid tofu
2 tbsp	lemon juice
1 tbsp	honey
2 tbsp	grated parmesan
1 tbsp	capers
0.5 tsp	salt
	Some freshly ground white pepper

PREPARATION

Step 1

Peel the garlic and onion and cut into thin slices. Heat up ½ tbsp olive oil in a pot, add garlic and onion and fry. Pour white wine, bring to the boil and put the mixture into a mixer.

Step 2

Drain tuna well. In a saucepan, heat another ½ tbsp olive oil, add the tuna and sauté until the tuna is "dry". Add 2 tbsp soy sauce and fry briefly. Put the mixture on a plate and let it cool down.

Step 3

Add the tuna mixture to the onion-garlic mixture in the mixer. Add well drained tofu, remaining soy sauce, remaining olive oil, lemon juice and honey and puree. Add parmesan, capers, salt and pepper, mix again coarsely and serve the dip.