

Cold Pepper & Tomato Soup with Chilli and Mint

Total time **8 mins 8 mins** preparation time

Nutritional facts (per portion): **1817 kJ** / **434 kcal**

chilli pepper

A few leaves of fresh mint for decoration

of sunflower seeds

INGREDIENTS

2 portion(s)

1

2 tbsp

Fat: **32 g** Protein: **10 g** Carbohydrates: **23 g**

PREPARATION

Step 1

5	yellow tomatoes	Blend washed vegetables with olive oil, water and
1	yellow pepper	herbs.
1	small onion	
50 ml	of olive oil	Step 2
150 ml	cold water	
1 bunch	of basil	Season to taste with Kikkoman Ponzu Lemon
1 bunch	of coriander	sauce and pepper.
	A few mint leaves	
2 tbsp	Kikkoman Ponzu Citrus	Step 3
	Seasoned Soy Sauce -	
	Lemon	Serve garnished with chopped chilli, mint and
2 pinch	of pepper	sunflower seeds.
Additionally:		