

Cold Pepper & Tomato Soup with Chilli and Mint

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

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

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

INGREDIENTS

2 portion(s)

5 yellow tomatoes
1 yellow pepper
1 small onion
50 ml of olive oil
150 ml cold water
1 bunch of basil
1 bunch of coriander
A few mint leaves
2 tbsp Kikkoman Ponzu Citrus
Seasoned Soy Sauce -
Lemon
2 pinch of pepper
Additionally:
1 chilli pepper
A few leaves of fresh
mint for decoration
2 tbsp of sunflower seeds

PREPARATION

Step 1

Blend washed vegetables with olive oil, water and herbs.

Step 2

Season to taste with Kikkoman Ponzu Lemon sauce and pepper.

Step 3

Serve garnished with chopped chilli, mint and sunflower seeds.