KIKKOMAN

Cold Pepper & Tomato Soup with Chilli and Mint

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

Nutritional facts (per portion):
1,817 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.