KIKKOMAN

Cream-corn soup with crunchy kernels

Total time **55 mins** **15 mins** preparation time **40 mins** cooking time

Nutritional facts (per portion):
3,784 kJ / 904 kcal

Fat: **72.8 g** Protein: **26.2 g**
Carbohydrates: **29.8 g**

INGREDIENTS

2 portion(s)

80 g	onion
30 g	butter
200 g	frozen or tinned sweetcorn
0.5 tsp	cumin
0.5 tsp	oregano
0.5 tsp	dried garlic
0.5 tsp	dried ginger
80 ml	Kikkoman Naturally Brewed Soy Sauce
400 ml	vegetable/meat stock
200 ml	coconut milk

Roasted seeds:

10 g	sunflower seeds
10 g	pumpkin seeds
5 g	chia seeds

Whipped cream:

100 ml	double cream
1 tsp	smoked sweet paprika powder
15 ml	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

80 g onion - **30 g** butter - **200 g** frozen or tinned sweetcorn - **0.5 tsp** cumin - **0.5 tsp** oregano - **0.5 tsp** dried garlic - **0.5 tsp** dried ginger - **80 ml** Kikkoman Naturally Brewed Soy Sauce - **400 ml** vegetable/meat stock - **200 ml** coconut milk
Chop the onion and fry in butter until golden brown for about 5 minutes. Then add the sweetcorn and spices and fry for approx. 1 minute. Add the Kikkoman Soy Sauce, stock and coconut milk and let it simmer for about 30 minutes. Then blend until smooth.

Step 2

10 g sunflower seeds - **10 g** pumpkin seeds - **5 g** chia seeds
Roast the seeds in a pan for about 5 minutes, stirring frequently until brown.

Step 3

100 ml double cream (from the fridge) - **1 tsp** smoked sweet paprika powder - **15 ml** Kikkoman Naturally Brewed Soy Sauce
Whip the cold cream until it has the right consistency (i.e. until it becomes stiff and doesn't change position when the bowl is turned upside down), then season with smoked paprika powder and Kikkoman Soy Sauce.
Pour the mixture from step 1 into two bowls, add 1 portion of whipping cream to each and decorate with the roasted seeds.