KIKKOMAN

Creamy Brussels sprout & potato cream soup

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
3,134 kJ / 749 kcal

Fat: **59 g** Protein: **22 g**
Carbohydrates: **59 g**

INGREDIENTS

2 portion(s)

Soup:

200 g	Brussels sprouts
150 g	potatoes
80 g	celeriac
40 g	onion
1	garlic clove
2 tbsp	olive oil
60 g	smoked bacon, diced
15 g	butter
700 ml	vegetable stock
1.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5 tbsp	chopped fresh thyme
0.25 tsp	ground nutmeg
0.5 tsp	freshly ground black pepper
80 ml	double cream

Garnish:

20 g	walnuts
2 tbsp	crème fraîche
1 tbsp	olive oil
1 tsp	thyme leaves

PREPARATION

Step 1

Halve the Brussels sprouts, then peel and dice the potatoes, celeriac and onion. Finely chop the garlic. Heat the olive oil in a saucepan and fry the bacon until crisp, then set aside. Add the butter to the pan and briefly sauté the onion, garlic, Brussels sprouts, potatoes and celeriac. Pour in the stock and add the Kikkoman Soy Sauce, thyme, nutmeg and pepper. Cook until the vegetables are tender, then blend until smooth. Stir in the cream and bacon.

Step 2

20 g walnuts - **2 tbsp** crème fraîche - **1 tbsp** olive oil - **1 tsp** thyme leaves
Toast the walnuts in a dry pan and roughly chop them. Ladle the soup into bowls, then top with a spoonful of crème fraîche, a sprinkle of walnuts, a drizzle of olive oil and a few thyme leaves.