KIKKOMAN

Deluxe borscht with ponzu and sesame oil

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
941 kJ / 226 kcal

Fat: **9.8 g** Protein: **5 g**
Carbohydrates: **26.8 g**

INGREDIENTS

2 portion(s)

200 g	vacuum-packed beetroot
1	carrot
100 g	potatoes
1	small onion
1	garlic clove
3 tsp	Kikkoman Toasted Sesame Oil
1	bay leaf
500 ml	water
3 tbsp	Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
1	medium tomato
125 g	pointed cabbage (or white cabbage)
1 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tbsp	Kikkoman Mirin-Style Sweet Cooking Seasoning
	Freshly ground pepper to taste
3 pinch	ground caraway
2 tbsp	vegan sour cream
0.5 tsp	fresh dill

PREPARATION

Step 1

200 g vacuum-packed beetroot - **1** carrot - **100 g** potatoes - **1** small onion - **1** garlic clove - **3 tsp** Kikkoman Toasted Sesame Oil **1** bay leaf - **500 ml** water - **3 tbsp** Kikkoman Concentrated Ramen Noodle Soup Base - Shoyu (Soy Sauce) Flavour
Cut the beetroot into very small cubes and dice the carrot and potatoes. Finely chop the onion and garlic, then gently sauté them in the Kikkoman Sesame Oil in a saucepan. Add the beetroot, carrot, potatoes, bay leaf, water and the Kikkoman Ramen Soup Base, bring to the boil and cook covered for about 10 minutes. Skim off any foam as it forms.

Step 2

1 medium tomato - **125 g** pointed cabbage (or white cabbage)
Cut the tomato into pieces and slice the pointed cabbage into strips. Add both to the soup and cook for another 10 minutes.

Step 3

1 tbsp Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1 tsp** Kikkoman Mirin-Style Sweet Cooking Seasoning - Freshly ground pepper to taste - **3 pinch** ground caraway - **2 tbsp** vegan sour cream - **0.5 tsp** fresh dill
Season with the Kikkoman Lemon Ponzu, the Kikkoman Mirin-Style Sweet Seasoning, pepper and caraway, then cook for a further 5 minutes. Divide between bowls, top with small dollops of the vegan sour cream, scatter over the dill and serve.