KIKKOMAN

# Easy Pea Soup with mint, chickpeas and feta cheese

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

Nutritional facts (per portion):
**1,810 kJ / 433 kcal**

Fat: **30.6 g** Protein: **14.6 g**
Carbohydrates: **28.3 g**

## INGREDIENTS

**2 portion(s)**

| | |
|---|---|
| **100 g** | potatoes |
| **100 g** | leek |
| **1 tbsp** | butter |
| **200 g** | green fresh peas |
| **700 ml** | vegetable stock |
| **1 tbsp** | Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon |
| **0.5 tsp** | freshly ground pepper |
| **1 tbsp** | fresh mint |
| **To serve:** | |
| **150 g** | cooked chickpeas |
| **1 tbsp** | olive oil |
| **1 tbsp** | ground paprika |
| **1 tsp** | ground coriander |
| **60 g** | feta cheese |
| **0.5 tsp** | pepper |

## PREPARATION

**Step 1**

Dice the potatoes, cut the leek into slices. In a saucepan, fry in butter, and when slightly softened, pour in the stock and add the peas. Season with Kikkoman Ponzu Lemon and pepper. Cook for 20 minutes.

**Step 2**

Meanwhile, preheat the oven to 200 °C. Coat the rinsed chickpeas with olive oil, ground paprika and coriander. Place in a tin and bake for 15 minutes.

**Step 3**

Using a blender, blend the soup until smooth and sprinkle with fresh mint. Serve with roasted chickpeas and crumbled feta cheese.