KIKKOMAN

Edamole with soy sauce

Total time **25 mins** **25 mins** preparation time

Nutritional facts (per portion):
1,183 kJ / 282 kcal

Fat: **21.9 g** Protein: **11.1 g**
Carbohydrates: **11.6 g**

INGREDIENTS

4 portion(s)

2	avocados
	Juice of one lime
2	cloves of garlic
250 g	peeled frozen edamame, defrosted
6 tbsp	Kikkoman Naturally Brewed Soy Sauce
	Olive oil if desired
1	small onion
2	tomatoes
2.5	stems of fresh coriander
0.5 tsp	cayenne pepper
	Freshly ground pepper

PREPARATION

Step 1

Cut the avocados in half, remove the stones and flesh and immediately sprinkle the flesh with some lime juice so that it does not turn brown. Peel the garlic, puree it with edamame, soy sauce and the remaining lime juice and add some olive oil if desired.

Step 2

Peel onion. Wash the tomatoes, remove the stalk and cut the tomatoes and onion into small cubes. Wash coriander, dab dry and chop finely. Add onion, tomatoes and coriander to the Edamame puree, season with cayenne pepper and pepper and chill for at least one hour before serving.

Step 3

If desired, garnish the edamole with fresh coriander and edamame and serve.