KIKKOMAN

Fish soup with shrimps and cod

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,888 kJ / 451 kcal

Fat: **21 g** Protein: **56 g**
Carbohydrates: **18 g**

INGREDIENTS

2 portion(s)

1 tbsp	butter
3	garlic cloves
0.25	yellow pepper
0.5	chilli pepper
500 g	strained tomatoes
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 litre	vegetable stock
200 g	shrimps
300 g	cod fillet
0.5	lime
100 ml	coconut milk
1 bunch	parsley or coriander

PREPARATION

Step 1

1 tbsp butter - **3** cloves of garlic - **0.25** yellow pepper - **0.5** chilli pepper
Heat the butter in a frying pan. Peel the garlic, pepper and chilli pepper and chop finely. Fry the vegetables in a pan with melted butter for 1 minute.

Peel and chop the garlic. Cut the pepper and chilli pepper into small cubes. Melt the butter in a pan over a medium heat. Add the vegetables to the pan and fry for 1 minute.

Step 2

500 g strained tomatoes - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 litre** vegetable stock
Heat the vegetable stock until hot. Pour in the strained tomatoes, Kikkoman Soy Sauce and hot stock. Simmer for 10 minutes.

Step 3

200 g shrimps - **300 g** cod fillet - **0.5** lime - **100 ml** coconut milk - **1 bunch** of parsley or coriander
Chop the parsley or coriander. Rinse the shrimps and remove the tails. Cut the cod into thick cubes. Add the cod to the soup, then add the shrimps 5 minutes later. Cook for a further 5 minutes. Season with the lime juice and, coconut milk. Serve with the chopped parsley or coriander.