KIKKOMAN

Kale and chickpea chowder

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

Nutritional facts (per portion):
1,686 kJ / 403 kcal

Fat: **16 g** Protein: **22 g**
Carbohydrates: **50 g**

INGREDIENTS

2 portion(s)

80 g	leek
100 g	white cabbage
200 g	cauliflower
100 g	courgette
2 handful	of kale
120 g	tinned chickpeas
2 tbsp	rapeseed oil
2	garlic cloves, chopped
2	sprigs of fresh thyme
0.5 tsp	turmeric
0.33 tsp	curry powder
2 pinch	of chilli powder
1 pinch	of nutmeg
2	bay leaves
700 ml	vegetable stock
3 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
150 ml	soy milk
30 g	cornflour
2 pinch	of black pepper
80 g	frozen green peas
2 tbsp	chopped parsley

PREPARATION

Step 1

80 g leek - **100 g** white cabbage - **200 g** cauliflower - **100 g** courgette - **2 handful** of kale - **120 g** tinned chickpeas
Wash and dry the vegetables. Slice the leek into half-moons, shred the cabbage, cut the cauliflower into small florets and the courgette into half-moons. Remove the woody stalks from the kale and tear it into smaller pieces. Drain the chickpeas.

Step 2

2 tbsp rapeseed oil - **2** garlic cloves, chopped - **2** sprigs of fresh thyme - **0.5 tsp** turmeric - **0.33 tsp** curry powder - **2 pinch** of chilli powder - **1 pinch** of nutmeg - **2** bay leaves - **700 ml** vegetable stock - **3 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
Fry the vegetables from Step 1 in a pan with the oil, then add the garlic, thyme, spices and bay leaves. Pour in the stock and Kikkoman Gluten free Soy Sauce and cook for 8 minutes until the vegetables are slightly soft.

Step 3

150 ml soy milk - **30 g** cornflour - **2 pinch** of black pepper - **80 g** frozen green peas - **2 tbsp** chopped parsley
Mix the soy milk and flour in a cup, add to the pot and stir. Season with the black pepper and add the peas. Simmer until the vegetables are soft and the chowder thickens. Pour the chowder into a bowl and sprinkle with the parsley.