

Mushroom and tomato sauce

Total time 30 mins 15 mins preparation time 15 mins cooking time

Nutritional facts (per portion):

309 kJ / 74 kcal

INGREDIENTS

4 portion(s)

1	onion
1	garlic clove
2 tbsp	rapeseed oil
2	bay leaves
1 g	black pepper

1 g black peppercorns, whole5 tbsp Kikkoman Naturally

Brewed Soy Sauce

100 g tomato juice
1 tsp tomato purée
1 tsp porcini powder
1 g smoked salt

1 tsp sugar1 tsp starch

Fat: **5 g** Protein: **1.9 g** Carbohydrates: **5 g**

PREPARATION

Step 1

Peel the onion and roughly chop, then heat the oil in a pan until golden brown. Crush the garlic, add this to the onions, bay leaves and pepper, and then sauté.

Step 2

Add the tomato purée and sauté for a few minutes. Pour in the tomato juice and Kikkoman soy sauce. Season with sugar, smoked salt, and porcini powder and simmer gently for approx. 15 minutes. Then finely sieve the sauce.

Step 3

Mix the starch with a little water and bring the sieved sauce back to the boil. Pour in the dissolved starch, stirring constantly, and simmer for about one minute. The sauce is now ready.