KIKKOMAN

Spicy shrimp chowder

Total time **60 mins** **10 mins** preparation time **20 mins** cooking time **30 mins** marinating time

Nutritional facts (per portion):
2,577 kJ / 616 kcal

Fat: **19.3 g** Protein: **62.8 g**
Carbohydrates: **40 g**

INGREDIENTS

2 portion(s)

400 g	shrimps
70 ml	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	honey
2	garlic cloves, chopped
1 tbsp	Kikkoman Toasted Sesame Oil
3 tbsp	lemon juice
0.5 tsp	ground ginger
2 tbsp	olive oil
2 tsp	chopped chilli
1	onion, chopped
1	yellow pepper, diced
200 g	broccoli, cut into florets
100 ml	white wine
500 ml	fish stock
500 ml	strained tomatoes
200 g	white beans, tinned
0.5 tsp	black pepper
1 pinch	of salt to taste
2 tbsp	chopped parsley

PREPARATION

Step 1

400 g shrimps - **70 ml** Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** honey - **1** garlic clove, chopped - **1 tbsp** Kikkoman Toasted Sesame Oil - **3 tbsp** lemon juice - **0.5 tsp** ground ginger
Clean and pat dry the shrimps.
In a small bowl, mix the Kikkoman Soy Sauce, honey, chopped garlic, Kikkoman Sesame Oil, lemon juice and ginger. Add the shrimps and marinate in the fridge for about 30 minutes.

Step 2

1 tbsp olive oil - **1 tsp** chopped chilli - **1** onion, chopped - **1** garlic clove, chopped - **1** yellow pepper, diced - **200 g** broccoli, cut into florets - **100 ml** white wine - **500 ml** fish stock
Heat the olive oil in a thick-bottomed pot. Add the chilli, onion and garlic. Then add the yellow pepper and broccoli florets. Fry, stirring frequently, for 3 minutes. Add the wine and cook until the liquid reduces by half, then pour in the fish stock. Cover and cook for about 10 minutes.

Step 3

500 ml strained tomatoes - **200 g** white beans, tinned
Add the strained tomatoes and drained beans to the soup. Bring to the boil, then lower the heat and simmer for 10 minutes.

Step 4

1 tbsp olive oil - **0.5 tsp** black pepper - **1 pinch** of salt to taste - **1 tsp** chopped chilli - **2 tbsp** chopped parsley
Heat the olive oil in a pan. Add the shrimps along

with the marinade from Step 1, and stir-fry over a high heat for 2 minutes. Add the shrimps to the soup, bring to the boil, and immediately remove from the heat. Season with salt and pepper to taste. Serve the chowder sprinkled with the chopped chilli and fresh parsley.