

Quinoa tabbouleh with falafel and soy mayo

Total time **60 mins** 30 mins preparation time 30 mins cooking time

Nutritional facts (per portion):
3,753 kJ / 896 kcal

Fat: **37 g** Protein: **28 g**
Carbohydrates: **114 g**

INGREDIENTS

2 portion(s)

200 g colourful quinoa
1 large cucumber
1 red onion
1 chilli pepper
2 red tomatoes
0.5 bunch of parsley
0.5 bunch of mint
0.5 bunch of coriander
3 tbsp [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#)
4 tbsp olive oil
Falafel:
200 g chickpeas (previously soaked)
1 small onion
1 tbsp chopped coriander
1 tbsp chopped parsley
0.75 tsp cumin
0.5 tsp ground coriander
0.5 tsp chilli
1 tsp granulated garlic
3 tbsp [Kikkoman Naturally Brewed Soy Sauce](#)
1 tsp bicarbonate of soda
50 ml oil for frying
Mayonnaise:
3 tbsp mayonnaise
Mayonnaise:
90 ml [Kikkoman Naturally Brewed Soy Sauce](#)
1 tsp honey
1 tsp [Kikkoman Toasted](#)

PREPARATION

Step 1

200 g colourful quinoa - **1** large green cucumber - **1** red onion - **1** chilli pepper - **2** red tomatoes - **0.5 bunch** of parsley - **0.5 bunch** of mint - **0.5 bunch** of coriander - **3 tbsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#) - **4 tbsp** olive oil
Cook the quinoa in boiling water for 10-15 minutes until soft. Leave to cool after cooking.
Cut the cucumber into small cubes. Finely chop the onion. Chop the chilli pepper. Dice the tomatoes. Chop the mint, coriander and parsley. Place the vegetables in a bowl. Add the cooked quinoa, Kikkoman Lemon Ponzu and olive oil. Mix everything thoroughly.

Step 2

200 g chickpeas (previously soaked) - **1** small onion - **1 tbsp** chopped coriander - **1 tbsp** chopped parsley - **0.75 tsp** cumin - **0.5 tsp** ground coriander - **0.5 tsp** chilli - **1 tsp** granulated garlic - **3 tbsp** [Kikkoman Naturally Brewed Soy Sauce](#) - **1 tsp** bicarbonate of soda
Chop the onion. Add it to a blender along with the chickpeas (alternatively, you can grind the mixture with a mincer or crush it with a potato masher). When the mixture is ground, add the spices, Kikkoman Soy Sauce, bicarbonate of soda and herbs and mix everything. Shape the mixture into patties.

Step 3

50 ml oil for frying - **3 tbsp** mayonnaise - **90 ml** [Kikkoman Naturally Brewed Soy Sauce](#) - **1 tsp** honey - **1 tsp** [Kikkoman Toasted Sesame Oil](#) - **1 tbsp** chopped parsley

Garnish:

1 tbsp

Sesame Oil

chopped parsley

Fry the patties in hot oil. Mix the mayonnaise, Kikkoman Soy Sauce, honey and Kikkoman Sesame Oil in a bowl. Serve the salad with the falafel patties and soy mayonnaise and sprinkle with coriander.