KIKKOMAN

Air fryer veg with chickpeas & spices

Total time **35 mins** **5 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
1,222 kJ / 292 kcal

Fat: **4.5 g** Protein: **14.8 g**
Carbohydrates: **52.7 g**

INGREDIENTS

2 portion(s)

200 g	tinned chickpeas, drained
300 g	Butternut squash
200 g	cherry tomatoes, halved
100 g	cooked beetroot
100 g	courgette
100 g	onion
0.33 tsp	garlic powder
0.33 tsp	smoked paprika
0.33 tsp	ground cumin
0.33 tsp	dried thyme
	Ground chilli, to taste
20 ml	Kikkoman Naturally Brewed Soy Sauce
	Toasted sesame seeds, for garnish
	Fresh parsley, for garnish

PREPARATION

Step 1

Dice the squash, beetroot and courgette. Slice the onion into thin wedges.

Step 2

Mix the vegetables with the chickpeas, the spices and the Kikkoman Soy Sauce. Transfer to the air fryer basket and cook at 180 °C for 20 minutes.

Step 3

Stir, add the cherry tomatoes and cook for another 10 minutes.

Step 4

Serve sprinkled with the fresh parsley and toasted sesame seeds.