

# 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.