

Bowl with caramelised chickpeas in teriyaki marinade

Total time **20 mins** 10 mins preparation time 10 mins cooking time

Nutritional facts (per portion):
2,715 kJ / 649 kcal

Fat: **34.5 g** Protein: **38 g**
Carbohydrates: **46.4 g**

INGREDIENTS

2 portion(s)

300 g	cooked chickpeas
2 tbsp	<u>Kikkoman Teriyaki Marinade</u>
1 tbsp	maple syrup
1 tsp	smoked paprika
0.5 tsp	chilli flakes
1	avocado, diced
80 g	cooked green peas
150 g	tuna fillets in oil
Sauce:	
1 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
1 tbsp	olive oil
2 tbsp	lime juice
2 tbsp	sun-dried tomatoes in oil
1 tbsp	chopped chives
Additional:	
2 tbsp	cashews for sprinkling
	Parsley for garnish

PREPARATION

Step 1

300 g cooked chickpeas - **2 tbsp** Kikkoman Teriyaki Marinade - **1 tbsp** maple syrup - **1 tsp** smoked paprika - **0.5 tsp** chilli flakes
Mix the Kikkoman Teriyaki Marinade, maple syrup, smoked paprika, and chilli in a bowl. Add drained chickpeas and mix thoroughly to combine the ingredients.

Heat a pan over medium heat and add the marinated chickpeas. Fry for about 5-7 minutes until caramelised and crispy. Place in a bowl.

Step 2

1 avocado, diced - **80 g** cooked green peas - **150 g** tuna fillets in oil
Add the diced avocado, cooked green peas and drained tuna to the bowl with the caramelised chickpeas.

Step 3

1 tbsp Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** olive oil - **2 tbsp** lime juice - **2 tbsp** sun-dried tomatoes in oil - **1 tbsp** chopped chives - **2 tbsp** cashews for sprinkling - Parsley for garnish
Mix the olive oil with the Kikkoman Soy Sauce and lime juice in a separate bowl. Add the finely chopped sun-dried tomatoes and chives. Pour the sauce over the ingredients. Sprinkle with cashews and garnish with parsley.