

# Chickpeas and edamame in pepper sauce

Total time **35 mins** 15 mins preparation time 20 mins cooking time

Nutritional facts (per portion):  
**2453 kJ / 586 kcal**

Fat: **25 g** Protein: **27.5 g**  
Carbohydrates: **61 g**

## INGREDIENTS

2 portion(s)

### Sauce:

**1 tbsp** olive oil  
**2** red bell peppers  
**1 tbsp** fresh oregano  
**2 tbsp** fresh parsley  
**400 ml** tomato passata  
**2 tbsp** Kikkoman Naturally  
Brewed Soy Sauce  
**1 tsp** ground pepper

### Additionally:

**1 tbsp** olive oil  
**200 g** cooked chickpeas  
**200 g** cooked edamame beans  
**3** cloves of garlic  
**1 piece** of ginger (2 cm)  
**1** chilli pepper  
**4 tbsp** pumpkin seeds  
Parsley leaves for  
garnish

## PREPARATION

### Step 1

In olive oil, sauté the diced bell pepper. When the skin takes on a dark colour, add the herbs and tomato passata. Simmer the mixture for 10 minutes, season with Kikkoman soy sauce and ground pepper, and blend into a smooth sauce.

### Step 2

In another pan, heat the olive oil and sauté the chickpeas and edamame, along with finely chopped garlic, ginger, and chilli. Once golden brown, serve them with the sauce.

### Step 3

Sprinkle the dish with pumpkin seeds and fresh parsley leaves.