KIKKOMAN

Chickpeas and edamame in pepper sauce

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

Nutritional facts (per portion):
2,453 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.