

Crispy panko feta bowl

Total time **60 mins** 20 mins preparation time 40 mins cooking time

Nutritional facts (per portion):
3,139 kJ / 756 kcal

Fat: **45.8 g** Protein: **28.3 g**
Carbohydrates: **54 g**

INGREDIENTS

2 portion(s)

For the roasted chickpeas:

100 g chickpeas, tinned
1 tbsp [Kikkoman Toasted Sesame Oil](#)
1 tbsp [Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste](#)

For the panko feta sticks:

200 g feta
2 black olives, pitted
60 g [Kikkoman Panko - Japanese style crispy bread crumbs](#)
A few rosemary needles, chopped
1 egg
1 tbsp [Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste](#)
3 tbsp potato starch
1 tbsp vegetable oil

For the salad:

1 tbsp [Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste](#)
2 tbsp [Kikkoman Toasted Sesame Oil](#)
Black pepper, freshly ground
125 g wild herb salad leaves
2 baby cucumbers
100 g cherry tomatoes, mixed colours

PREPARATION

Step 1

100 g chickpeas, tinned - **1 tbsp** [Kikkoman Toasted Sesame Oil](#) **1 tbsp** [Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste](#)

Preheat the oven to 180 °C. Rinse the chickpeas and pat dry. Mix the Kikkoman Sesame Oil and Kikkoman Teriyaki BBQ Sauce Honey, toss with the chickpeas, spread in a small ovenproof dish and roast in the preheated oven for 25–30 min.

Step 2

200 g feta - **2** black olives, pitted - **60 g** [Kikkoman Panko - Japanese style crispy bread crumbs](#) - A few rosemary needles, chopped - **1** egg - **1 tbsp** [Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste](#) - **3 tbsp** potato starch

For the panko feta sticks, cut the feta into 6 sticks. Dice the olives very finely and mix with the Kikkoman Panko and rosemary. Beat the egg with the Kikkoman Teriyaki BBQ Sauce Honey and pour into a shallow bowl. Place the potato starch and the panko mixture in two separate shallow bowls. Coat the feta sticks first in the starch, then in the beaten egg and finally in the Kikkoman Panko mixture.

Step 3

1 tbsp vegetable oil

Heat the oil in a frying pan and fry the panko feta sticks for 6–8 min, turning, until golden and crispy on all sides.

Step 4

1 tbsp [Kikkoman Teriyaki BBQ Sauce with Honey & Smoky Taste](#) - **2 tbsp** [Kikkoman Toasted Sesame](#)

1 punnet of cress

Oil - Black pepper, freshly ground - **125 g** wild herb salad leaves - **2** baby cucumbers - **100 g** cherry tomatoes, mixed colours - **1** punnet of cress
For the salad, mix the Kikkoman Teriyaki BBQ Sauce Honey and Kikkoman Sesame Oil, and season with the pepper. Wash the salad leaves and spin dry, slice the cucumbers and halve or quarter the tomatoes. Snip the cress from the punnet. Toss the salad ingredients with the dressing or drizzle it over, then arrange in bowls and top with the chickpeas, feta and cress. Serve immediately.