

# Falafel quinoa and baby leaf bowl

Total time 45 mins 15 mins preparation time 30 mins cooking time

## **INGREDIENTS**

### 4 portion(s)

200 g quinoa

**1 bunch** of chopped parsley

leaves, some reserved

for garnish

**1 bunch** of chopped coriander

leaves, some reserved

for garnish

**660 g** chickpeas, cooked or

canned

**1 tsp** of cumin

**5 tbsp** Kikkoman Naturally

**Brewed Soy Sauce** 

2 tbsp chickpea flour300 ml rapeseed oil350 g baby leaf salad

**2** fresh beetroot, peeled

and cut into strips

1 tbsp rapeseed oil
2 pinch paprika
1 tbsp lemon juice
4 tbsp tahini
7 tbsp of water

## **PREPARATION**

#### Step 1

Prepare the quinoa according to the instructions.

#### Step 2

Drain the chickpeas, place 580 g in a blender and blend briefly. Season with cumin and 2 tbsp Kikkoman soy sauce and mix with the chickpea flour. Fold the chopped herbs into the mixture.

#### Step 3

Put the rapeseed oil in a tall saucepan and heat. Shape the chickpea mixture with two teaspoons and fry in the hot fat until cooked in the centre.

#### Step 4

Fry the remaining 80 g of chickpeas in another pan with rapeseed oil and season with paprika until toasted. At the same time, stir together lemon juice, 3 tbsp Kikkoman soy sauce, tahini and water in a bowl to make a dressing.

#### Step 5

Divide the quinoa between 4 bowls. Add the baby leaf, beetroot, and toasted chickpeas. Place the falafel on top and garnish with tahini sauce and reserved herbs.