

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 flour
300 ml	rapeseed oil
350 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.