KIKKOMAN

Grains and Greens Bowl with fried egg and tahini yoghurt

Total time **20 mins** **10 mins** preparation time **10 mins** cooking time

INGREDIENTS

2 portion(s)

100 g	of quinoa, cooked according to packet instructions or use a pre-cooked pouch
50 g	of frozen edamame
0.5	tin of chickpeas
3	spring onions, sliced
2	cloves of garlic, crushed
1	large bowl of spinach (two handfuls approximately)
2.5 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 pinch	of chilli flakes (optional)
2	eggs
2 tbsp	of greek yogurt
1 tbsp	of tahini
1	lemon (juice)
	sea salt and black pepper to season
	oil for cooking
	parsley or coriander and sesame seeds for sprinkling on top (optional)

PREPARATION

Step 1

To make the tahini yogurt dip, combine the tahini, yogurt, lemon juice and a big pinch of sea salt and stir until completely smooth.

Step 2

Line up all of the remaining ingredients.

Step 3

Heat a tablespoon of oil in a frying pan on a high heat.

Step 4

Add the chilli flakes, garlic and spring onion and sizzle for a minute.

Step 5

Tip in the quinoa, chickpeas and edamame, season well with black pepper and sea salt and cook for a further minute.

Step 6

Drizzle in 2-3 tablespoons of tamari and stir well to combine.

Step 7

Tip in the spinach or whatever greens you may be using and cook until wilted, stirring every now and then.

Step 8

Divide the mixture between two bowls and keep warm.

Step 9

Wipe the frying pan with some kitchen paper (because we are saving washing up here), add a splash of oil, return it to a medium heat and crack in the eggs. Fry until the edges start to go crispy and the yolk is still runny, approximately 3-4 minutes.

Step 10

Top the grain and greens bowls with an egg and a generous dollop of tahini yogurt. Eat!