KIKKOMAN

No-Tuna Salad

Total time **15 mins** **15 mins** preparation time

Nutritional facts (per portion):
650 kJ / 155 kcal

Fat: **5.9 g** Protein: **7.4 g**
Carbohydrates: **15.7 g**

INGREDIENTS

4 portion(s)

1	tin of chickpeas
1	small red onion
0.5	red bell pepper
2 tbsp	tahini (sesame paste)
2 tbsp	capers
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	smoked paprika
2 tbsp	chopped chives

PREPARATION

Step 1

Rinse and drain the chickpeas. Peel the onions, wash the pepper, remove the stalk, pith and seeds and cut into small cubes.

Step 2

Crush the chickpeas with a fork and combine them with the onions, pepper, tahini and capers.
Season with soy sauce, paprika and 1 tbsp. chives.

Step 3

Garnish the No-Tuna Salad with the remaining chives and serve with toast.