KIKKOMAN

Quinoa tabbouleh with falafel and soy mayo

Total time **60 mins** **30 mins** preparation time **30 mins** cooking time

Nutritional facts (per portion):
3,753 kJ / 896 kcal

Fat: **37 g** Protein: **28 g**
Carbohydrates: **114 g**

INGREDIENTS

2 portion(s)

200 g	colourful quinoa
1	large cucumber
1	red onion
1	chilli pepper
2	red tomatoes
0.5 bunch	of parsley
0.5 bunch	of mint
0.5 bunch	of coriander
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
4 tbsp	olive oil
Falafel:	
200 g	chickpeas (previously soaked)
1	small onion
1 tbsp	chopped coriander
1 tbsp	chopped parsley
0.75 tsp	cumin
0.5 tsp	ground coriander
0.5 tsp	chilli
1 tsp	granulated garlic
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	bicarbonate of soda
50 ml	oil for frying
Mayonnaise:	
3 tbsp	mayonnaise
Mayonnaise:	
90 ml	Kikkoman Naturally Brewed Soy Sauce
1 tsp	honey
1 tsp	Kikkoman Toasted

PREPARATION

Step 1

200 g colourful quinoa - **1** large green cucumber - **1** red onion - **1** chilli pepper - **2** red tomatoes - **0.5 bunch** of parsley - **0.5 bunch** of mint - **0.5 bunch** of coriander - **3 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **4 tbsp** olive oil
Cook the quinoa in boiling water for 10-15 minutes until soft. Leave to cool after cooking.
Cut the cucumber into small cubes. Finely chop the onion. Chop the chilli pepper. Dice the tomatoes. Chop the mint, coriander and parsley. Place the vegetables in a bowl. Add the cooked quinoa, Kikkoman Lemon Ponzu and olive oil. Mix everything thoroughly.

Step 2

200 g chickpeas (previously soaked) - **1** small onion - **1 tbsp** chopped coriander - **1 tbsp** chopped parsley - **0.75 tsp** cumin - **0.5 tsp** ground coriander - **0.5 tsp** chilli - **1 tsp** granulated garlic - **3 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** bicarbonate of soda
Chop the onion. Add it to a blender along with the chickpeas (alternatively, you can grind the mixture with a mincer or crush it with a potato masher). When the mixture is ground, add the spices, Kikkoman Soy Sauce, bicarbonate of soda and herbs and mix everything. Shape the mixture into patties.

Step 3

50 ml oil for frying - **3 tbsp** mayonnaise - **90 ml** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** honey - **1 tsp** Kikkoman Toasted Sesame Oil - **1 tbsp** chopped parsley

	Sesame Oil	Fry the patties in hot oil. Mix the mayonnaise, Kikkoman Soy Sauce, honey and Kikkoman Sesame Oil in a bowl. Serve the salad with the falafel patties and soy mayonnaise and sprinkle with coriander.
Garnish:		
1 tbsp	chopped parsley	