KIKKOMAN

Tahini and soy glazed veg with quinoa

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
2,004 kJ / 479 kcal

Fat: **21 g** Protein: **19 g**
Carbohydrates: **59 g**

INGREDIENTS

2 portion(s)

90 g	kale
300 g	Brussels sprouts, blanche
50 g	red onion
3 tbsp	olive oil
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tbsp	tahini
3 tbsp	water
2 tsp	honey
0.5 tsp	chilli flakes
0.5 tbsp	white sesame seeds
140 g	frozen peas
150 g	cooked quinoa
0.5 tbsp	chopped parsley

PREPARATION

Step 1

90 g kale - **300 g** Brussels sprouts, blanched - **50 g** red onion - **3 tbsp** olive oil - **3 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tbsp** tahini - **3 tbsp** water - **2 tsp** honey - **0.5 tsp** chilli flakes - **0.5 tbsp** white sesame seeds

Remove the tough stems from the kale, cut the Brussels sprouts in half, and slice the onion into thick wedges. Sauté the vegetables in a pan with heated olive oil for 3 minutes. In a bowl, mix the Kikkoman Less Salt Soy Sauce, tahini, water, honey and chilli. Pour the sauce into the pan and cook everything for 8 minutes until the sauce reduces and the vegetables soften. Sprinkle with the sesame seeds.

Step 2

140 g frozen peas - **150 g** cooked quinoa - **0.5 tbsp** chopped parsley

Cook the peas for 4 minutes, then drain and rinse under cold water to cool. Place the quinoa in a lunchbox, add the vegetables from step 1 and the cooked peas. Sprinkle everything with the chopped parsley.