KIKKOMAN

Warm rice and quinoa bowl with omelette and peanuts

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,796 kJ / 669 kcal

Fat: **34.2 g** Protein: **27.6 g**
Carbohydrates: **58.1 g**

INGREDIENTS

2 portion(s)

2	carrots
3 tsp	Kikkoman Toasted Sesame Oil
2 tsp	sesame seeds
2 tsp	Kikkoman Mirin-Style Sweet Seasoning
8 tsp	Kikkoman Naturally Brewed Soy Sauce
	Curry powder
50 g	quinoa
50 g	brown rice
100 g	red cabbage
2 tsp	lemon juice
	Freshly ground pepper
150 g	frozen edamame
2 tbsp	peanut butter
2	eggs
2 tbsp	chopped, salted peanuts

PREPARATION

Step 1

Cut the carrots into 3-5 mm thick slices, fry in 1 tsp heated sesame oil for 8-10 minutes. Finish with the sesame seeds and season with the mirin-fu, 2-3 tsp soy sauce and ¼ tsp curry powder.

Step 2

Prepare the quinoa and rice according to package instructions.

Step 3

Slice the red cabbage into fine strips, fry in 1 tsp heated sesame oil, add about 100 ml water and cook for 10-15 minutes. Season with 2 tsp soy sauce, some lemon juice and pepper.

Step 4

Cook the edamame for about 5 minutes. For the sauce, heat 100 ml water with the peanut butter and 2 tsp soy sauce, mix well and let it reduce down a bit.

Step 5

Beat the eggs with 1 tsp soy sauce and fry them in the remaining oil to form an omelette. Cut the omelette in half and fold into 2 small omelettes.

Step 6

Arrange the quinoa, rice, carrots, red cabbage,

edamame and omelettes in bowls, drizzle with the sauce, sprinkle with peanuts and serve.