

Oriental-style quinoa with tahini dip

Total time **80 mins** 20 mins preparation time 60 mins preparation time 20 mins waiting time

INGREDIENTS

10 portion(s)

For the quinoa:

600 g	sour apples, diced
5 ml	lemon juice
500 ml	freshly squeezed orange juice
600 g	quinoa (or millet)
40 ml	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
50 ml	rapeseed oil or olive oil
6 g	garlic, finely chopped
200 g	leek (root), cut into small rings
200 g	parsley (root), diced
280 g	carrots, diced
20 g	brown sugar
2 g	ground pepper
5 g	curry paste
800 ml	vegetable stock
720 g	endive
30 g	fresh ginger, finely chopped)
30 ml	agave syrup
0.5 g	chilli flakes (to taste)

For the dip:

500 g	natural soy yoghurt
100 g	tahini
0.5 g	chilli flakes
1 g	pepper

For garnish:

40 g	parsley or coriander, chopped
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PREPARATION

Step 1

Wash, core, quarter and dice the apples, then drizzle with the lemon juice.

Step 2

Cook the quinoa according to the instructions on the packet in a quinoa/water ratio of 1:2 for 25 minutes in a saucepan. Towards the end of the cooking time, add the freshly squeezed orange juice and Kikkoman Less Salt Soy Sauce. Stir well so the quinoa can absorb the liquid.

Step 3

Heat 20 ml of oil in a saucepan and fry the garlic and chopped vegetables for 5 minutes. Add the apples, sugar, pepper and curry paste and pour in the stock. Cook for a further 5 minutes until slightly reduced. Add the quinoa and stir.

Step 4

Preheat the oven to 180 °C. Grease a baking dish with 10 ml of oil and pour in the quinoa with the vegetables and apples. Bake for 20 minutes.

Step 5

Wash and halve the endive. Remove the bitter core by cutting it in a wedge shape. Heat 20 ml of oil in a pan and sauté the endive leaves for 2-3 minutes. Add the ginger, drizzle with the agave syrup and sprinkle with the chilli.

Step 6

Mix the yoghurt with the tahini, chilli flakes and pepper.

Serve the baked dish hot, top with pieces of endive, sprinkle with chopped parsley, and serve with the dip.