

Spanish frittata with broad beans and sesame sauce

Total time **30 mins** 20 mins preparation time 10 mins cooking time

Nutritional facts (per portion):
1,340 kJ / 320 kcal

Fat: **20 g** Protein: **18 g**
Carbohydrates: **18 g**

INGREDIENTS

2 portion(s)

100 g fresh broad beans
4 large eggs
2 tbsp cooking oil
6 asparagus spears,
trimmed and cut into 2
cm pieces
1 small red pepper, diced
1 small courgette, diced
85 ml [Kikkoman Naturally
Brewed Soy Sauce](#)
2 tbsp peanut butter
2 tbsp [Kikkoman Teriyaki Wok
Sauce with Toasted
Sesame](#)
2 tbsp lime juice
1 tsp chilli paste
15 g chives, chopped

PREPARATION

Step 1

100 g fresh broad beans - **4** large eggs - **40 ml** [Kikkoman Naturally Brewed Soy Sauce](#) - **2 tbsp** cooking oil - **6** asparagus spears, trimmed and cut into 2 cm pieces - **1** small red pepper, diced - **1** small courgette, diced
Cook the broad beans in boiling salted water for 15 minutes. Drain and remove the skins. In a mixing bowl, whisk the eggs and season with the Kikkoman Soy Sauce. Heat a non-stick pan over the direct heat of a campfire or on a stove and pour in a little oil. Add the diced red pepper and courgette and sauté for 2-3 minutes until slightly softened. Add the shelled broad beans and green asparagus to the pan and stir them to combine with the other vegetables. Pour the whisked eggs over the vegetables in the pan. Gently stir to distribute the vegetables evenly. Fry the frittata for 3–4 minutes on each side until it sets.

Step 2

2 tbsp peanut butter - **2 tbsp** [Kikkoman Teriyaki Wok Sauce with Toasted Sesame](#) - **2 tbsp** lime juice - **45 ml** [Kikkoman Naturally Brewed Soy Sauce](#) - **1 tsp** chilli paste - **15 g** chives, chopped
Mix all ingredients in a small bowl into a smooth sauce. Serve the sauce over the frittata and garnish with the chopped chives.