

Air fryer veg with chickpeas & spices

Total time **35 mins** 5 mins preparation time 30 mins cooking time

Nutritional facts (per portion):
1,222 kJ / 292 kcal

Fat: **4.5 g** Protein: **14.8 g**
Carbohydrates: **52.7 g**

INGREDIENTS

2 portion(s)

200 g tinned chickpeas, drained
300 g Butternut squash
200 g cherry tomatoes, halved
100 g cooked beetroot
100 g courgette
100 g onion
0.33 tsp garlic powder
0.33 tsp smoked paprika
0.33 tsp ground cumin
0.33 tsp dried thyme
Ground chilli, to taste
20 ml [Kikkoman Naturally Brewed Soy Sauce](#)
Toasted sesame seeds,
for garnish
Fresh parsley, for garnish

PREPARATION

Step 1

Dice the squash, beetroot and courgette. Slice the onion into thin wedges.

Step 2

Mix the vegetables with the chickpeas, the spices and the Kikkoman Soy Sauce. Transfer to the air fryer basket and cook at 180 °C for 20 minutes.

Step 3

Stir, add the cherry tomatoes and cook for another 10 minutes.

Step 4

Serve sprinkled with the fresh parsley and toasted sesame seeds.