KIKKOMAN

Chickpea and courgette pancakes with coriander dip

Total time **45 mins** **30 mins** preparation time **15 mins** cooking time

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

Fat: **13 g** Protein: **12 g**
Carbohydrates: **32 g**

INGREDIENTS

2 portion(s)

1	courgette, approximately 150 g
1 pinch	of salt
200 g	cooked chickpeas (or tinned)
0.5 tsp	garam masala
0.25 tsp	chilli
0.5 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1	shallot
1	clove of garlic
2 tbsp	oil
30 g	chickpea flour
2 tbsp	water
1 tbsp	vegan yoghurt
1 tbsp	potato starch
	Cooking oil

Coriander dip:

100 g	vegan yoghurt
50 g	vegan mayonnaise
3 tbsp	lime juice
1 tbsp	chopped coriander
1 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce

PREPARATION

Step 1

1 courgette, approximately 150 g - **1 pinch** of salt
Grate the courgette with a fine grater, place in a sieve and sprinkle with a pinch of salt. Mix and leave to stand for 15 minutes. Then squeeze out the excess juice.

Step 2

200 g cooked chickpeas (or tinned) - **0.5 tsp** garam masala - **0.25 tsp** chilli - **0.5 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
Purée the chickpeas with the spices and gluten-free soy sauce to a not-quite-smooth paste.

Step 3

1 shallot - **1** clove of garlic - **2 tbsp** oil - **30 g** chickpea flour - **2 tbsp** water - **1 tbsp** vegan yoghurt - **1 tbsp** potato starch
Peel and dice the shallots. Crush the garlic in a garlic press. Sauté in a tablespoon of oil and place in a bowl. Add the pureed chickpeas, drained courgette, chickpea flour mixed with water, yoghurt and potato starch. Mix to form an even consistency.

Step 4

Cooking oil
Heat the oil in a frying pan and spoon in the batter in tablespoon-sized portions. Fry until golden brown on both sides.

Step 5

100 g vegan yoghurt - **100 g** vegan mayonnaise - **3 tbsp** lime juice - **1 tbsp** chopped coriander - **1 tbsp** Kikkoman Naturally Brewed Tamari Gluten

free Soy Sauce
Mix all the dip ingredients into a uniform sauce.

Serve with the prepared courgette and chickpea pancakes.