

Chickpeas and edamame in pepper sauce

Total time **35 mins** 15 mins preparation time 20 mins cooking time

Nutritional facts (per portion):
2,453 kJ / 586 kcal

Fat: **25 g** Protein: **27.5 g**
Carbohydrates: **61 g**

INGREDIENTS

2 portion(s)

Sauce:

1 tbsp olive oil
2 red bell peppers
1 tbsp fresh oregano
2 tbsp fresh parsley
400 ml tomato passata
2 tbsp Kikkoman Naturally
Brewed Soy Sauce
1 tsp ground pepper

Additionally:

1 tbsp olive oil
200 g cooked chickpeas
200 g cooked edamame beans
3 cloves of garlic
1 piece of ginger (2 cm)
1 chilli pepper
4 tbsp pumpkin seeds
Parsley leaves for
garnish

PREPARATION

Step 1

In olive oil, sauté the diced bell pepper. When the skin takes on a dark colour, add the herbs and tomato passata. Simmer the mixture for 10 minutes, season with Kikkoman soy sauce and ground pepper, and blend into a smooth sauce.

Step 2

In another pan, heat the olive oil and sauté the chickpeas and edamame, along with finely chopped garlic, ginger, and chilli. Once golden brown, serve them with the sauce.

Step 3

Sprinkle the dish with pumpkin seeds and fresh parsley leaves.