

Chickpeas and edamame in pepper sauce

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

Nutritional facts (per portion):

2453 kJ / 586 kcal

INGREDIENTS

2 portion(s)

Sauce:

1 tbsp olive oil

red bell peppers
fresh oregano
fresh parsley
tomato passata
Kikkoman Naturally

Brewed Soy Sauce

1 tsp ground pepper

Additionally:

1 tbsp olive oil

200 g cooked chickpeas

200 g cooked edamame beans

cloves of garlicpieceof ginger (2 cm)chilli pepperpumpkin seeds

Parsley leaves for

garnish

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

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.