KIKKOMAN®

Crystallized aubergine and quinoa

Total time **25 mins**

Nutritional facts (per portion):
1030 kJ / 246 kcal

INGREDIENTS

4 portion(s)

200 g	quinoa
0.5	parsley sprig
0.5	chervil sprig
0.5	chive sprig
1	mint sprig
500 g	aubergine
2 tbsp	Kikkoman Teriyaki Sauce with Roasted Garlic
3 tbsp	olive oil

PREPARATION

Step 1

Cook the quinoa in water. Rinse and chop the herbs.

Step 2

Peel the aubergine, remove the peduncles and cut it into ½ cm slices then in sticks.

Step 3

Pour 1 tbsp. oil into a pan, heat it up and add the aubergine. Cook for 2 minutes, turning frequently, then add 1 dl of water and continue cooking for 5 minutes at high heat. Add the Teriyaki Sauce with Roasted Garlic, stir and continue cooking for another 10 minutes at medium heat, turning from time to time. When the quinoa is cooked, drain it and pour it into a salad bowl. Add the rest of oil, herbs and combine.

Step 4

Transfer the quinoa to bowls, top with the aubergine slices and serve.