

Quinoa salad with caramelised sprouts

Total time **20 mins** 10 mins preparation time 10 mins cooking time

Nutritional facts (per portion):
2,682 kJ / 641 kcal

Fat: **42 g** Protein: **27 g**
Carbohydrates: **45 g**

INGREDIENTS

2 portion(s)

300 g	Brussels sprouts, blanched
75 ml	olive oil
3 tbsp	<u>Kikkoman Naturally Brewed Less Salt Soy Sauce</u>
3 tsp	honey
0.5 tsp	chilli flakes
2	eggs
60 g	kale
180 g	cooked quinoa
80 g	feta
1	garlic clove, finely chopped
0.5 tbsp	white sesame seeds
20 g	walnuts

PREPARATION

Step 1

300 g Brussels sprouts, blanched - **3 tbsp** olive oil - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **2 tsp** honey - **0.5 tsp** chilli flakes
Cut the Brussels sprouts in half. Heat the olive oil in a pan, add the Brussels sprouts and sauté for 3 minutes. Add the Kikkoman Less Salt Soy Sauce, honey and chilli, and cook for another 3 minutes.

Step 2

2 eggs - **60 g** kale - **180 g** cooked quinoa - **80 g** feta
Boil the eggs for 7 minutes until hard-boiled. Remove the tough stems from the kale and chop it into smaller pieces. Transfer the quinoa into lunchboxes, then add the Brussels sprouts, kale, halved eggs and feta.

Step 3

2 tbsp olive oil - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** honey - **1** garlic clove, finely chopped - **0.5 tbsp** white sesame seeds - **20** walnuts
Mix the olive oil, Kikkoman Less Salt Soy Sauce, honey and garlic. Drizzle the dressing over the salad and sprinkle with the sesame seeds and nuts.