KIKKOMAN

Teriyaki bowl with chickpeas

Total time **25 mins** **17 mins** preparation time **8 mins** cooking time

INGREDIENTS

2 portion(s)

200 g	chickpeas (jar)
3	celery stalks, sliced
90 ml	Kikkoman Teriyaki Sauce with Toasted Sesame
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.5	avocado
50 g	baby spinach or salad leaves
100 g	pomegranate seeds
50 g	lentil sprouts (or mung bean sprouts)
200 g	firm tofu
2 tbsp	cornflour
3 tbsp	rapeseed oil
1 pinch	chilli flakes
1.5 tbsp	Kikkoman Toasted Sesame Oil

PREPARATION

Step 1

200 g chickpeas (jar) - **3** celery stalks, sliced - **3 tbsp** Kikkoman Teriyaki Sauce with Toasted Sesame **3 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon

Drain the chickpeas (keep the cooking liquid—known as aquafaba—for soups or other uses). Mix the chickpeas and celery in a bowl with the Kikkoman Teriyaki Sauce with Sesame and Kikkoman Ponzu Lemon.

Step 2

0.5 avocado - **50 g** baby spinach or salad leaves - **100 g** pomegranate seeds - **50 g** lentil sprouts (or mung bean sprouts)

Divide the chickpea and celery mix between bowls. Scoop out the avocado with a spoon and arrange in large slices on the chickpeas, along with the spinach, pomegranate seeds and sprouts.

Step 3

200 g firm tofu - **2 tbsp** cornflour - **3 tbsp** rapeseed oil

Cut the tofu into 2 cm cubes and pat dry with kitchen paper—or press for a couple of hours if time allows (see tip). Toss the tofu in cornflour and shake off any excess. Heat the rapeseed oil in a wok and fry the tofu for 5 minutes until golden brown.

Step 4

3 tbsp Kikkoman Teriyaki Sauce with Toasted Sesame **1 pinch** chilli flakes - **1.5 tbsp** Kikkoman Toasted Sesame Oil

Deglaze the tofu in the wok with the Kikkoman Teriyaki Sauce with Sesame, then reduce the heat. Stir well and season with the chilli flakes. Divide

the tofu cubes between the chickpea bowls and drizzle with the Kikkoman Sesame Oil.