KIKKOMAN

Vegan pumpkin and carrot waffles with tempeh and mushrooms with spinach

Total time **35 mins** **10 mins** preparation time **10 mins** cooking time **15 mins** marinating time

Nutritional facts (per portion):
2,939 kJ / 702 kcal

Fat: **20 g** Protein: **24 g**
Carbohydrates: **97.7 g**

INGREDIENTS

2 portion(s)

320 g	natural vegan yoghurt
120 ml	plant milk
60 g	pumpkin puree
1	carrot
150 g	wheat flour
1 tsp	baking powder
4.5 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
100 g	tempeh
100 g	mushrooms
1 tbsp	sriracha
2 tbsp	Kikkoman Toasted Sesame Oil
1 tbsp	brown sugar
1	garlic clove
100 g	spinach

PREPARATION

Step 1

320 g natural vegan yoghurt - **120 ml** plant milk - **60 g** pumpkin puree - **1** carrot - **150 g** wheat flour - **1 tsp** baking powder - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce
Grate the carrot. Mix the yoghurt with the plant milk, pumpkin puree, carrot, flour, baking powder and Kikkoman Less Salt Soy Sauce.

Bake 2 or 4 waffles from this mix (depending on the size of the waffle maker - if it is larger, – you will get 2 waffles from the ingredients).

Step 2

100 g tempeh - **100 g** mushrooms - **3 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tbsp** sriracha sauce - **1.5** Kikkoman Toasted Sesame Oil - **1 tbsp** brown sugar
Cut the tempeh into cubes and quarter the mushrooms.

Mix the Kikkoman Less Salt Soy Sauce, sriracha sauce, 1 tablespoon of the Kikkoman Sesame Oil and the sugar in a bowl. Marinate the tempeh in the mix for 15 minutes.

Pour the remaining ½ tablespoon of Kikkoman Sesame Oil into the pan. Add the mushrooms and fry for 1 minute. Add the tempeh with the marinade and fry for 3 minutes.

Step 3

0.5 tbsp Kikkoman Toasted Sesame Oil **1** garlic clove - **100 g** spinach - **0.5 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce

Chop the garlic and fry it with spinach in the Kikkoman Sesame Oil. Add the Kikkoman Less Salt Soy Sauce and mix.

Step 4

Place the mushrooms with the tempeh and spinach on the cooked waffles.