

Waffles with hummus and teriyaki onion with thyme

Total time **170 mins** 20 mins preparation time 150 mins cooking time

Nutritional facts (per portion):
2,818 kJ / 673 kcal

Fat: **43.3 g** Protein: **7.4 g**
Carbohydrates: **59.9 g**

INGREDIENTS

2 portion(s)

Waffles:

320 g vegan natural yogurt
125 ml plant-based milk
4 tbsp oil
130 g rice flour
80 g potato starch
1 tsp psyllium husk
1 tsp baking soda
1 tsp [Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce](#)

Hummus:

100 g chickpeas
1 tsp baking soda
2 tbsp tahini paste
0.5 lemon
1 small garlic clove
1 tsp [Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce](#)
0.5 tsp cumin
4 tbsp olive oil

Teriyaki Onion:

1 onion
1 tbsp olive oil
0.5 tsp [Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce](#)
1 pinch of pepper
1 tbsp [Kikkoman Gluten free Teriyaki Marinade](#)
1 tbsp fresh thyme leaves

Additionally:

PREPARATION

Step 1

Warm vegan yogurt to room temperature. Add plant-based milk and oil, and mix. Add rice flour, potato starch, psyllium husk, baking soda, and salt. Mix well.

Step 2

Use the prepared batter to bake waffles.

Step 3

Soak chickpeas in water with ½ tsp of baking soda overnight. Then, rinse and cover with fresh water, adding ½ tsp of baking soda. Cook for about 2 hours until the chickpeas are soft. While the drained chickpeas are still warm, blend them with tahini, lemon juice, garlic, Kikkoman soy sauce and cumin. Blend the mixture in a good blender until it becomes a smooth, velvety consistency, gradually adding olive oil.

Step 4

Slice the onion into half-moons. Fry in olive oil for a few minutes, and add some salt. When the onion becomes soft, add Kikkoman Teriyaki Marinade and thyme leaves, and fry for a little longer.

Step 5

Spread the waffles with hummus, then arrange the sliced avocado and Teriyaki Onion on top. Garnish with fresh thyme and serve.

1

avocado

Thyme for decoration