

## Waffles with hummus and teriyaki onion with thyme

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

Nutritional facts (per portion):

2818 kJ / 673 kcal

## **PREPARATION**

Carbohydrates: 59.9 g

Fat: 43.3 g Protein: 7.4 g

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.

## **INGREDIENTS**

2 portion(s)

**Waffles:** 

**320 g** vegan natural yogurt **125 ml** plant-based milk

4 tbsp oi

130 g rice flour80 g potato starch1 tsp psyllium husk1 tsp baking soda

**1 tsp** Kikkoman Naturally

**Brewed Tamari Gluten** 

free Soy Sauce

**Hummus:** 

100 g chickpeas1 tsp baking soda2 tbsp tahini paste

**0.5** lemon

small garlic clovetsp Kikkoman NaturallyBrewed Tamari Gluten

free Soy Sauce

**0.5 tsp** cumin **4 tbsp** olive oil

Teriyaki Onion:

1 onion1 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:** 

avocado Thyme for decoration