

Quinoa Chickpea Bowl with Garlic-Chilli- Eggplant



SERVINGS

2

INGREDIENTS

- 220 g chickpeas, boiled
- 150 g quinoa
- 1 pinch of salt & pepper
- sesame oil
- black sesame
- 2 red onions
- 4 tbsp olive oil
- 1 eggplant
- 2 garlic cloves
- 1 chilli pepper
- ½ orange
- ½ red paprika, organic
- fresh Shiso herbs *
- fresh chives

for the sauce:

- 2 tbsp soy sauce
- 1 tbsp rice wine vinegar
- 1 tbsp water
- 1 tbsp date, maple

or coconut syrup



NIARIA