

A close-up photograph of a vibrant, healthy meal. The dish features chunks of cooked salmon, chickpeas, bean sprouts, and various vegetables like red bell peppers and green onions. The food is presented in a dark bowl, and the overall appearance is fresh and appetizing. The text "SATURDAY LUNCH" is overlaid in the center, and "TETROGEN" is at the bottom right.

**SATURDAY
LUNCH**

TETROGEN

Prep Time: 15 Mins

INGREDIENTS

1/2 a thumb-size piece of fresh ginger
2 cloves of garlic
4 scallions
1/2 a fresh red chilli
1 red pepper
1 courgette
1 x 400g tin of chickpeas
1 tablespoon oil
2 tablespoons tamari/soy sauce
4 tablespoons peanut butter/almond butter
2 tablespoons apple cider vinegar
2 tablespoons maple syrup/ other liquid sweetener
350ml warm water
Sea salt and freshly ground black pepper

To garnish

1 small bunch of fresh coriander or basil
1 pack of beansprouts
A handful of toasted nuts

DIRECTIONS

1. Peel and finely chop the ginger and garlic. Finely slice the scallions. Deseed and finely slice the chilli and the red pepper (leave the seeds in the chilli if you like it spicy). Finely chop the courgette. Drain the chickpeas and rinse thoroughly.
2. Put a medium-size saucepan on a high heat and add the oil. Once the oil is hot, add the garlic, ginger, chilli and scallions and cook for 1^{1/2} minutes on a high heat, stirring regularly.
3. Next, add the chopped courgette and red pepper and cook for another minute. Add the tamari, cook for another minute, then turn the heat down to low/medium.
4. Put the peanut butter, apple cider vinegar, maple syrup and 150ml of the warm water into a blender and whiz until smooth (or whisk vigorously with a fork), then add to the pan.

5. Slowly add the remaining water, along with the chickpeas, and turn the heat back up to high. Bring to the boil, then remove from the heat and season with salt and pepper to your taste.

6. Divide between four bowls, topping each serving with roughly chopped fresh coriander or basil, fresh red chilli and some beansprouts. Toasted nuts go great as a garnish, too.