KIKKOMAN

# Beef and mushroom pasta salad

Total time **15 mins** **5 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
**2,964 kJ / 708 kcal**

Fat: **28 g** Protein: **37 g**
Carbohydrates: **74 g**

## INGREDIENTS

**2 portion(s)**

| | |
|---|---|
| **1 tbsp** | vegetable oil |
| **200 g** | minced beef |
| **100 g** | mushrooms |
| **1 tbsp** | Kikkoman Naturally Brewed Soy Sauce |
| **0.5** | red pepper |
| **0.5** | onion, chopped |
| **200 g** | penne pasta |
| **200 g** | tinned sweetcorn |

**Dressing & garnish:**

| | |
|---|---|
| **1 tbsp** | mayonnaise |
| **1 tbsp** | ketchup |
| **1 tsp** | Kikkoman Naturally Brewed Soy Sauce |
| **2 tbsp** | roasted peanuts |
| **1 tbsp** | spring onion, chopped |

## PREPARATION

**Step 1**

**1 tbsp** vegetable oil - **200 g** minced beef - **100 g** mushrooms, sliced - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce

Heat the vegetable oil in a pan and sauté the minced beef, stirring constantly, until all the liquid has evaporated. Add the sliced mushrooms and Kikkoman Soy Sauce, stir-fry for 2 more minutes, then set aside to cool.

**Step 2**

**0.5** red pepper - **0.5** onion - **200 g** Cooked penne - **200 g** tinned sweetcorn

Cook the penne according to the packet instructions. Dice the red pepper and onion. Transfer the penne to a large bowl. Add the diced vegetables, drained sweetcorn, and the cooled sautéed minced beef with mushrooms.

**Step 3**

**1 tbsp** mayonnaise - **1 tbsp** ketchup - **1 tsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** roasted peanuts - **1 tbsp** spring onion, chopped

Mix the mayonnaise, ketchup and Kikkoman Soy Sauce. Pour the dressing over the salad and mix well. Top with the roasted peanuts and chopped spring onion.