KIKKOMAN

Bowl with lentils and baked pumpkin

Total time **35 mins** **10 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
1,518 kJ / 363 kcal

Fat: **17 g** Protein: **12.5 g**
Carbohydrates: **35.7 g**

INGREDIENTS

2 portion(s)

100 g	cooked red lentils
0.5	Hokkaido pumpkin
1 tbsp	olive oil
0.5 tsp	pepper
0.5 tsp	ground ginger
0.5 tsp	ground cumin
0.5	yellow pepper
2	tomatoes
Sauce:	
2 tbsp	olive oil
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	cider vinegar
1 tsp	honey
1 tbsp	chopped fresh coriander

PREPARATION

Step 1

100 g cooked red lentils - **0.5** Hokkaido pumpkin - **1 tbsp** olive oil - **0.5 tsp** pepper - **0.5 tsp** ground ginger - **0.5 tsp** ground cumin
Place the lentils in a lunch box. Slice the pumpkin and rub it with olive oil, pepper, ginger and cumin. Bake at 200 °C for 25 minutes.

Step 2

Sauce:

0.5 yellow pepper - **2** tomatoes - **2 tbsp** olive oil - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** cider vinegar - **1 tsp** honey - **1 tbsp** chopped fresh coriander
Slice the pepper and tomatoes. Mix the sauce ingredients. Serve the lentils with the sauce, roasted pumpkin and veggies on top.