KIKKOMAN

Fiery vegetarian spaghetti

Total time **30 mins** **30 mins** preparation time

Nutritional facts (per portion):
3,173 kJ / 758 kcal

Fat: **22.1 g** Protein: **24.5 g**
Carbohydrates: **118.9 g**

INGREDIENTS

4 portion(s)

500 g	wholemeal spaghetti
2 tbsp	sesame oil
300 g	vegetarian mince
1 tbsp	tomato purée
4	cloves of garlic, crushed
1	large pak choi, coarsely chopped
150 g	baby spinach
5 tbsp	Kikkoman Naturally Brewed Organic Soy Sauce
2 tbsp	honey
2 tbsp	chilli oil

PREPARATION

Step 1

Cook the spaghetti according to the instructions on the pack until it is al dente then drain and set aside.

Step 2

Heat 1 tbsp. sesame oil in a wok on medium heat and fry the vegetarian mince for 5-6 minutes or until it has browned slightly. Stir in the tomato purée and garlic and fry for 1-2 minutes. Add the vegetables and fry until soft. Add the soy sauce, honey and chilli oil and seasoning. Add the spaghetti and mix well. Serve with grated Parmesan, a little fresh basil and extra chilli oil.