

French lentil pastry

Total time 40 mins 15 mins preparation time 25 mins cooking time

Nutritional facts (per portion):

2,301 kJ / 550 kcal

INGREDIENTS

2 portion(s)

100 g cooked green lentils50 g cooked red lentils

40 g sun-dried tomatoes in oil

0.5 small onion**1 tbsp** rapeseed oil

1 tbsp <u>Kikkoman Naturally</u>

Brewed Less Salt Soy

Sauce

0.5 tsp dried marjoram**1 tbsp** chopped parsley**0.5 tbsp** chopped chilli

1 pinch coarsely ground pepper **150 g** French puff pastry

1 beaten egg (for brushing

the pastry)

1 tsp sesame seeds

Sauce:

2 tbsp <u>Kikkoman Naturally</u>

Brewed Less Salt Soy

Sauce

1 tsp rice vinegar1 tsp agave syrup1 tbsp ketchup

1 tsp chopped parsley

Fat: **33** g Protein: **15** g Carbohydrates: **64** g

PREPARATION

Step 1

2 tbsp <u>Kikkoman Naturally Brewed Less Salt Soy</u>
<u>Sauce</u> - **1 tsp** rice vinegar - **1 tsp** agave syrup - **1 tbsp** ketchup - **1 tsp** chopped parsley

Mix the sauce ingredients and set aside while

preparing the dish.

Step 2

100 g cooked green lentils - 50 g cooked red lentils - 40 g sun-dried tomatoes in oil - 0.5 small onion - 1 tbsp rapeseed oil - 1 tbsp Kikkoman Naturally Brewed Less Salt Soy Sauce - 0.5 tsp dried marjoram - 1 tbsp chopped parsley - 0.5 tbsp chopped chilli - 1 pinch coarsely ground pepper Preheat the oven to 200 °C. Cut the sun-dried tomatoes into small pieces and sauté the diced onion in oil. Then mix with the cooked green and red lentils, sun-dried tomatoes, chilli, soy sauce, spices, and herbs.

Step 3

150 g French puff pastry - **1** beaten egg (to coat the pastry) - **1 tsp** sesame seeds
Unroll the puff pastry on a baking tray lined with greaseproof paper. Spread the filling evenly over it. Roll the pastry along the longer side to form a roll. Brush the top with beaten egg and sprinkle with sesame seeds. Lightly score the pastry in several places.

Step 4

Place the baking tray in the preheated oven and bake for 20-25 minutes until the pastry is golden and crispy. After baking, let it cool for a few

minutes, then slice and serve with the sauce.