

Lentil dal

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

Nutritional facts (per portion):
1,999 kJ / 478 kcal

Fat: **29 g** Protein: **13.3 g**
Carbohydrates: **35.2 g**

INGREDIENTS

2 portion(s)

0.5	Hokkaido pumpkin
0.5	yellow pepper
2	tomatoes
2 tbsp	olive oil
50 g	red lentils
200 ml	coconut milk
2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
0.5 tsp	pepper
0.5 tsp	ground ginger
0.5 tsp	ground cumin
0.5 bunch	of fresh coriander

PREPARATION

Step 1

0.5 Hokkaido pumpkin - **0.5** yellow pepper - **2** tomatoes - **2 tbsp** olive oil - **50 g** red lentils - **200 ml** coconut milk - **0.5 tsp** pepper - **0.5 tsp** ground ginger - **0.5 tsp** ground cumin
Dice the vegetables and fry them in olive oil. Add the coconut milk, lentils and spices, and simmer gently for 20 minutes.

Step 2

2 tbsp Kikkoman Naturally Brewed Soy Sauce - **0.5 bunch** of fresh coriander
Season with the Kikkoman Soy Sauce and serve with the fresh coriander.