

Nutritious lentil-paprika bagels

Total time **25 mins** 10 mins preparation time 15 mins cooking time

Nutritional facts (per portion):
1,853 kJ / 443 kcal

Fat: **18.5 g** Protein: **17.2 g**
Carbohydrates: **52 g**

INGREDIENTS

2 portion(s)

80 g	cooked red lentils
1	red pepper
1	spring onion
3 cm	chilli pepper
1 tbsp	olive oil
1 pinch	of pepper
2	garlic cloves
3 tbsp	chopped parsley
4 tbsp	dried yeast flakes
2 tbsp	<u>Kikkoman Naturally Brewed Soy Sauce</u>
2	bagels
1 tbsp	pumpkin seeds

PREPARATION

Step 1

80 g cooked red lentils - **1** red pepper - **1** spring onion - **3 cm** chilli pepper - **1 tbsp** olive oil
Rinse the lentils in cold water, cover with double the amount of water and cook for 8 minutes until the water is completely absorbed. In the meantime, dice the pepper and sauté in olive oil with the chopped spring onion and chilli.

Step 2

1 pinch of pepper - **2** garlic cloves - **3 tbsp** chopped parsley - **4 tbsp** dried yeast flakes - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce
Purée the cooled lentils with the fried vegetables, garlic and parsley. Season the paste with Kikkoman Soy Sauce and pepper, and mix with the yeast flakes.

Step 3

2 bagels - **1 tbsp** pumpkin seeds
Toast the bagels in a toaster or on a dry griddle pan. Spread the paste on top and sprinkle with the pumpkin seeds.