

# Soy sauce Bolognese pasta

Total time **30 mins** 10 mins preparation time 20 mins cooking time

Nutritional facts (per portion):  
**2,491 kJ / 595 kcal**

Fat: **18 g** Protein: **33 g**  
Carbohydrates: **70 g**

## INGREDIENTS

2 portion(s)

<b>200 g</b>	penne pasta
<b>1 tbsp</b>	vegetable oil
<b>0.5</b>	onion
<b>2</b>	garlic cloves
<b>300 g</b>	minced beef
<b>400 g</b>	tinned chopped tomatoes
<b>2 tbsp</b>	<u>Kikkoman Naturally Brewed Soy Sauce</u>
<b>2 g</b>	chopped coriander

## PREPARATION

### Step 1

**200 g** penne pasta - **1 tbsp** vegetable oil - **0.5** onion, chopped - **2** garlic cloves, chopped - **300 g** minced beef

Cook the penne according to the packet instructions. Heat the vegetable oil and sauté the chopped onion and garlic for 1 minute. Add the minced beef and fry for 3 minutes, stirring constantly.

### Step 2

**400 g** tinned chopped tomatoes - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **2 g** chopped coriander

Add the tinned chopped tomatoes and Kikkoman Soy Sauce to the meat. Cover and simmer for 20 minutes. Combine with the cooked penne and sprinkle with the chopped coriander.