KIKKOMAN

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)

200 g	penne pasta
1 tbsp	vegetable oil
0.5	onion
2	garlic cloves
300 g	minced beef
400 g	tinned chopped tomatoes
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 g	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.