KIKKOMAN

Vegan dumpling lasagne

Total time **60 mins** **15 mins** preparation time **45 mins** cooking time

Nutritional facts (per portion):
2,911 kJ / 696 kcal

Fat: **30 g** Protein: **37.4 g**
Carbohydrates: **63.8 g**

INGREDIENTS

2 portion(s)

For the lentil bolognese:

1	small onion
1	small garlic clove
80 g	red lentils
1 tbsp	Kikkoman Toasted Sesame Oil
100 g	chestnut mushrooms
80 g	baby leaf spinach
20 g	sun-dried tomatoes
200 g	chopped tomatoes, tinned
100 ml	water
4 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
0.25 tsp	chilli flakes
0.25 tsp	black pepper, freshly ground

For the cashew tofu sauce:

30 g	cashew nuts, soaked
80 ml	plant-based milk
1 tbsp	nut butter
60 g	silken tofu
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
1 tsp	nutritional yeast
3 pinch	nutmeg, ground
4 pinch	black pepper, freshly ground
2	beef tomatoes
12	wonton wrappers, suitable for steaming

PREPARATION

Step 1

1 small onion - **1** small garlic clove - **80 g** red lentils - **1 tbsp** Kikkoman Toasted Sesame Oil - **100 g** chestnut mushrooms - **80 g** baby leaf spinach - **20 g** sun-dried tomatoes - **200 g** chopped tomatoes, tinned - **100 ml** water - **4 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **0.25 tsp** chilli flakes - **0.25 tsp** black pepper, freshly ground

Finely chop the onion and garlic clove and cook with the lentils in the Kikkoman Sesame Oil in a saucepan. Slice the chestnut mushrooms, add with the spinach and sweat briefly. Finely chop the sun-dried tomatoes, add with the tinned tomatoes and water, bring to a boil and simmer for approximately 15 min. Season the bolognese with the Lemon Ponzu, chilli flakes and pepper.

Step 2

30 g cashew nuts, soaked - **80 ml** plant-based milk - **1 tbsp** nut butter - **60 g** silken tofu - **3 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **1 tsp** nutritional yeast - **3 pinch** nutmeg, ground - **4 pinch** black pepper, freshly ground

Blend the soaked cashew nuts with the plant-based milk, nut butter and tofu until smooth, then season with the Lemon Ponzu, nutritional yeast, nutmeg and pepper.

Step 3

2 beef tomatoes - **12** wonton wrappers, suitable for steaming (approx.), alternatively rice paper - **50 g** vegan cheese alternative, grated (approx.) - **1 tbsp** pine nuts, toasted - A few basil leaves

Preheat the oven to 200 °C. Slice the beef

	(approx.), alternatively rice paper
50 g	vegan cheese alternative, grated (approx.)
1 tbsp	pine nuts, toasted
	A few basil leaves

tomatoes. Spread 3 tbsp of the cashew tofu sauce over the base of a baking dish. Lay 3 wonton wrappers on top (halving them if necessary), spread over a third of the lentil bolognese and a third of the tomato slices, then repeat this layering twice more, finishing with a layer of wonton wrappers. Spread the remaining cashew tofu sauce over the top, scatter over the vegan cheese alternative and bake in the preheated oven for approximately 30 min. Garnish with the pine nuts and basil and serve.