

Vegetarian pate with sun-dried tomatoes

Total time **120 mins** 120 mins preparation time

Nutritional facts (per portion):

7,918 kJ / 1,891 kcal

INGREDIENTS

6 portion(s)

Pie:

- 200 g** of green lentils
- 100 g** of red lentils
- 50 g** of millet groats
- 150 g** of dried tomatoes with oil
- 40 ml** of oil
- 1 tbsp** Kikkoman Naturally Brewed Soy Sauce
- 2 tbsp** of chopped parsley
- 1 tbsp** of oregano
- 0.5 tsp** of pepper

Additionally:

- Grated horseradish
- Bread

PREPARATION

Step 1

Rinse the groats and scald them with boiling water. Rinse both lentils thoroughly.

Step 2

Put the groats and red lentils into one pot, then pour a double amount of water and boil them. Turn down the heat, cover it and cook it for 15 minutes until the water is absorbed. Pour the green lentils with 3 glasses of water and cook it over low heat until they get tender for 40 minutes.

Step 3

Preheat the oven to 180 degrees.

Step 4

Mix the cooked lentils and groats with the sun-dried tomatoes and soy sauce, put them into a pan and bake them for 50 minutes at 180 degrees.

Step 5

After it has cooled down, keep it in the refrigerator. Serve with bread and horseradish.