KIKKOMAN

Wholegrain pasta with cabbage and nuts

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

Nutritional facts (per portion):
3,322 kJ / 794 kcal

Fat: **45 g** Protein: **24.5 g**
Carbohydrates: **68 g**

INGREDIENTS

2 portion(s)

4 tbsp	olive oil
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
0.5	lemon (for juice)
1 tsp	grated lemon zest
1 bunch	of parsley
2 pinch	of black pepper
150 g	wholegrain fusilli pasta
300 g	savoy cabbage
2	garlic cloves
200 g	cherry tomatoes
80 g	walnuts

PREPARATION

Step 1

3 tbsp olive oil - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **0.5** lemon (for juice) - **1 tsp** grated lemon zest - **1 bunch** of parsley - **2 pinch** of black pepper
Finely chop the parsley, leaving a sprig for garnish. Mix with the remaining ingredients and set aside.

Step 2

150 g wholegrain fusilli pasta - **300 g** savoy cabbage - **2** garlic cloves - **200 g** cherry tomatoes - **80 g** walnuts - **1 tbsp** olive oil
Roast the walnuts. Shred the cabbage, finely chop the garlic, and halve the tomatoes. Fry the cabbage in olive oil in a pan. Once the cabbage has softened a little, add the garlic, tomatoes and walnuts. Fry for a further 2-3 minutes.

Step 3

1 sprig of parsley
Mix the cooked vegetables and pasta from Step 2 with the sauce from Step 1. Garnish with the parsley.