

Courgette cannelloni with beans & peas

Total time **60 mins** **30 mins** preparation time **30 mins** cooking time

INGREDIENTS

10 portion(s)

For the cannelloni:

- 500 g** courgettes
- 300 g** long cucumbers
- 250 g** rocket salad
- 50 g** shoots (e.g. pea sprouts, radish sprouts, broccoli sprouts)
- 50 g** black olives, pitted and sliced
- 50 g** radishes, sliced

For the paste:

- 240 g** tinned red kidney beans (drained)
- 20 ml** olive oil
- 20 g** tahini paste
- 10 ml** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
- 3 g** garlic
- 20 ml** lemon juice
- 2 g** ground black pepper

For the salsa:

- 100 g** sun-dried tomatoes, drained
- 560 g** ripe tomatoes, washed and quartered
- 10 ml** olive oil
- 3 g** garlic
- 5 g** dried oregano
- 2 g** grated lemon zest
- 2 g** ground black pepper

PREPARATION

Step 1

Cut the courgettes and cucumbers into thin strips with a vegetable peeler.

Step 2

Place the beans in a blender jug. Add the olive oil, tahini, Kikkoman Gluten free Soy Sauce, garlic, lemon juice, and pepper. Blend thoroughly until smooth.

Step 3

Blend all the salsa ingredients until smooth.

Step 4

Place 1-2 courgette slices next to each other and place 2-3 cucumber slices on top lengthwise. Spread the prepared bean paste over the slices, add the washed rocket salad leaves (or sprouts if desired) and roll up into rolls.

Step 5

Spread the salsa on a plate and place the cannelloni on top. Garnish with the sliced radishes, olives and sprouts.