KIKKOMAN

Beef and mushroom pasta salad

Total time **15 mins** **5 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
2,964 kJ / 708 kcal

Fat: **28 g** Protein: **37 g**
Carbohydrates: **74 g**

INGREDIENTS

2 portion(s)

1 tbsp	vegetable oil
200 g	minced beef
100 g	mushrooms
1 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.5	red pepper
0.5	onion, chopped
200 g	penne pasta
200 g	tinned sweetcorn

Dressing & garnish:

1 tbsp	mayonnaise
1 tbsp	ketchup
1 tsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	roasted peanuts
1 tbsp	spring onion, chopped

PREPARATION

Step 1

1 tbsp vegetable oil - **200 g** minced beef - **100 g** mushrooms, sliced - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce
Heat the vegetable oil in a pan and sauté the minced beef, stirring constantly, until all the liquid has evaporated. Add the sliced mushrooms and Kikkoman Soy Sauce, stir-fry for 2 more minutes, then set aside to cool.

Step 2

0.5 red pepper - **0.5** onion - **200 g** Cooked penne - **200 g** tinned sweetcorn
Cook the penne according to the packet instructions. Dice the red pepper and onion. Transfer the penne to a large bowl. Add the diced vegetables, drained sweetcorn, and the cooled sautéed minced beef with mushrooms.

Step 3

1 tbsp mayonnaise - **1 tbsp** ketchup - **1 tsp** Kikkoman Naturally Brewed Soy Sauce - **2 tbsp** roasted peanuts - **1 tbsp** spring onion, chopped
Mix the mayonnaise, ketchup and Kikkoman Soy Sauce. Pour the dressing over the pasta salad and mix well. Top with the roasted peanuts and chopped spring onion.