

# 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.