KIKKOMAN

Chilli Sin Carne

Total time **60 mins** **60 mins** preparation time

Nutritional facts (per portion):
2,428 kJ / 580 kcal

Fat: **3.7 g** Protein: **30.9 g**
Carbohydrates: **92.9 g**

INGREDIENTS

4 portion(s)

2	onions
4	garlic cloves
1	red peppers
1	tin lentils
2 tbsp	vegetable oil
1 tsp	chilli flakes
2 tsp	ground coriander
2 tsp	cumin
1 tbsp	smoked paprika
1 tbsp	oregano
1	tin chopped tomatoes
1	small tin sweetcorn
100 ml	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
1	large sweet potato
1	tin kidney beans
8 tbsp	oat yoghurt
	Bunch of coriander leaves
8	small tortilla wraps

PREPARATION

Step 1

Peel the garlic and onion. Crush the garlic and cut the onion into thin rings. Halve the peppers, remove core, pith and seeds, wash and cut into strips. Drain the lentils.

Step 2

Heat up the oil in a frying pan and cook the onions and garlic until soft. Add the pepper, chili flakes, coriander, cumin, paprika and oregano and continue cooking for 1-2 minutes. Add the lentils, tomatoes, 300 ml water and Teriyaki Sauce and cook for a further 15 minutes.

Step 3

Peel, wash and dice the sweet potato. Drain the kidney beans, add them with the sweetcorn and the sweet potato to the chilli and cook for another 20-25 minutes or so. Serve chilli sin carne with a yoghurt garnish and tortillas.