KIKKOMAN

French lentil pastry

Total time **40 mins** **15 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
2,301 kJ / 550 kcal

Fat: **33 g** Protein: **15 g**
Carbohydrates: **64 g**

INGREDIENTS

2 portion(s)

100 g	cooked green lentils
50 g	cooked red lentils
40 g	sun-dried tomatoes in oil
0.5	small onion
1 tbsp	rapeseed oil
1 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
0.5 tsp	dried marjoram
1 tbsp	chopped parsley
0.5 tbsp	chopped chilli
1 pinch	coarsely ground pepper
150 g	French puff pastry
1	beaten egg (for brushing the pastry)
1 tsp	sesame seeds
Sauce:	
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tsp	rice vinegar
1 tsp	agave syrup
1 tbsp	ketchup
1 tsp	chopped parsley

PREPARATION

Step 1

2 tbsp Kikkoman Naturally Brewed Less Salt Soy Sauce - **1 tsp** rice vinegar - **1 tsp** agave syrup - **1 tbsp** ketchup - **1 tsp** chopped parsley
Mix the sauce ingredients and set aside while preparing the dish.

Step 2

100 g cooked green lentils - **50 g** cooked red lentils - **40 g** sun-dried tomatoes in oil - **0.5** small onion - **1 tbsp** rapeseed oil - **1 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **0.5 tsp** dried marjoram - **1 tbsp** chopped parsley - **0.5 tbsp** chopped chilli - **1 pinch** coarsely ground pepper
Preheat the oven to 200 °C. Cut the sun-dried tomatoes into small pieces and sauté the diced onion in oil. Then mix with the cooked green and red lentils, sun-dried tomatoes, chilli, soy sauce, spices, and herbs.

Step 3

150 g French puff pastry - **1** beaten egg (to coat the pastry) - **1 tsp** sesame seeds
Unroll the puff pastry on a baking tray lined with greaseproof paper. Spread the filling evenly over it. Roll the pastry along the longer side to form a roll. Brush the top with beaten egg and sprinkle with sesame seeds. Lightly score the pastry in several places.

Step 4

Place the baking tray in the preheated oven and bake for 20-25 minutes until the pastry is golden and crispy. After baking, let it cool for a few

minutes, then slice and serve with the sauce.