KIKKOMAN

Lentil and Buckwheat Bento Box with Vegetables Recipe

Total time **25 mins** **5 mins** preparation time **20 mins** cooking time

INGREDIENTS

1 portion(s)

40 g	buckwheat
40 g	green lentils
0.5	red bell pepper
0.5	courgette
1	stick of celery
1 tbsp	sesame oil
3.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
1.5 tbsp	tahini paste
	A few mint leaves
1.5 tsp	lemon juice
	Freshly ground pepper
30 g	bean sprouts
1 tbsp	coarsely chopped nuts (e.g. macadamia nuts)

PREPARATION

Step 1

Prepare the lentils and buckwheat separately according to their pack instructions. Remove the seeds and pith from the pepper, wash the pepper and the courgette, and chop both into cubes. Trim and wash the celery. Cut into slices and fry together with the pepper and courgette in hot oil for approx. 5 minutes. Season the vegetables with 2 tbsp. soy sauce and remove from the pan.

Step 2

Add 100 ml water, tahini paste and the remaining soy sauce to the frying liquid and reduce slightly. Wash the mint, chop finely, add to the sauce, season with lemon juice and pepper and pour into a screw-top jar for transportation.

Step 3

Arrange all the meal components in a bento box/ lunchbox sprinkle with nuts and refrigerate until you are ready to take it with you. Heat up in the microwave before eating.