KIKKOMAN

Peppers stuffed with lentils and tomatoes

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
1,255 kJ / 300 kcal

Fat: **8 g** Protein: **14.8 g**
Carbohydrates: **38.2 g**

INGREDIENTS

2 portion(s)

2	yellow peppers
1 tbsp	olive oil
100 g	cooked red lentils
2	tomatoes
2 tbsp	chopped fresh coriander
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tsp	ground ginger
1 tsp	ground cumin

PREPARATION

Step 1

2 yellow peppers - **1 tbsp** olive oil
Cut the peppers lengthwise and remove the seeds. Rub with olive oil and place on a baking tray.

Step 2

100 g cooked red lentils - **2** tomatoes - **2 tbsp** chopped fresh coriander - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** ground ginger - **1 tsp** ground cumin
Mix the cooked lentils with the chopped tomatoes and coriander, and season with the Kikkoman Soy Sauce, ginger and cumin. Stuff the peppers with the mixture and bake at 190 °C for 20 minutes.