KIKKOMAN

Pumpkin lentils stew with bacon

Total time **40 mins** **40 mins** preparation time

INGREDIENTS

6 portion(s)

150 g	spring onions
150 g	bacon (diced)
2	garlic cloves
1 kg	pumpkin (Hokkaido or any other you like)
2 tbsp	olive oil
1	can of lentils (350 g)
1,200 ml	beef broth
3 tbsp	Kikkoman Naturally Brewed Soy Sauce
0.25	bunch of parsley (minced)
	pepper

PREPARATION

Step 1

Clean and cut the spring onions. Peel the garlic and cut it into small pieces. Cut the pumpkin into two halves, remove the core, clean it and cut it into pieces. Heat 2 tbsp. of olive oil in a big pan and roast the spring onions and the bacon shortly. Take them out of the pan and put them aside. Put the pumpkin and garlic pieces into the pan, roast it shortly and add the beef broth. Let it simmer for about 20 minutes until the pumpkin is soft boiled. With a blender purée it. Add the soy sauce and pepper. Add the lentils, the bacon pieces and the spring onions. Add the minced parsley. Put a bit of parsley on top and serve it hot.