

Red lentil penne with avocado, peas and parsley pesto

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

INGREDIENTS

4 portion(s)

200 g	frozen peas
1 bunch	parsley leaves
60 g	pine nuts
1 pinch	salt
2.5 tbsp	Kikkoman Naturally Brewed Soy Sauce
9 tbsp	olive oil
400 g	red lentil penne
1	avocado, flesh cut into small pieces
0.5 bunch	mint leaves

PREPARATION

Step 1

Cook the peas in a saucepan with water and salt for a few minutes.

Step 2

Roughly chop the parsley and mix with the pine nuts, salt, Kikkoman soy sauce and olive oil to make a pesto

Step 3

Cook the red lentil penne according to the instructions. Drain in a sieve, drain and put back in the hot pan. Add the pesto and mix everything well. Fold in the peas and avocado.

Step 4

Finally, distribute the finished penne on plates and garnish with mint.