

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 peas1 bunch parsley leaves60 g pine nuts1 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.