KIKKOMAN

Wholegrain pasta with cabbage and nuts

Total time **25 mins** **15 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
3,322 kJ / 794 kcal

Fat: **45 g** Protein: **24.5 g**
Carbohydrates: **68 g**

INGREDIENTS

2 portion(s)

4 tbsp	olive oil
2 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
0.5	lemon (for juice)
1 tsp	grated lemon zest
1 bunch	of parsley
2 pinch	of black pepper
150 g	wholegrain fusilli pasta
300 g	savoy cabbage
2	garlic cloves
200 g	cherry tomatoes
80 g	walnuts

PREPARATION

Step 1

3 tbsp olive oil - **2 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - **0.5** lemon (for juice) - **1 tsp** grated lemon zest - **1 bunch** of parsley - **2 pinch** of black pepper
Finely chop the parsley, leaving a sprig for garnish. Mix with the remaining ingredients and set aside.

Step 2

150 g wholegrain fusilli pasta - **300 g** savoy cabbage - **2** garlic cloves - **200 g** cherry tomatoes - **80 g** walnuts - **1 tbsp** olive oil
Cook the pasta al dente according to the packet instructions.

Dry roast the walnuts. Shred the cabbage, finely chop the garlic, and halve the tomatoes. Fry the cabbage in olive oil in a pan. Once the cabbage has softened a little, add the garlic, tomatoes and walnuts. Fry for a further 2-3 minutes.

Step 3

1 sprig of parsley
Mix the cooked vegetables and pasta from Step 2 with the sauce from Step 1. Garnish with the parsley.