

Peanut chicken salad with red cabbage and peanut ponzu sauce

Total time **80 mins** 20 mins preparation time 40 mins cooking time 20 mins marinating time

Nutritional facts (per portion):
4,401 kJ / 1,025 kcal

Fat: **63 g** Protein: **57 g**
Carbohydrates: **64 g**

INGREDIENTS

2 portion(s)

300 g chicken fillet
1 pinch of freshly ground pepper
1 tbsp peanut butter
90 ml [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#)

Sauce:

3 tbsp mayonnaise
2 tbsp peanut butter
4 tbsp [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#)

1 tbsp grated lemon zest

Chickpeas:

400 g tinned chickpeas
3 tbsp olive oil
1 tsp sweet paprika powder
1 tsp granulated garlic
0.5 tsp coriander
1 tbsp sesame seeds
1 pinch of salt
1 pinch of freshly ground pepper
250 g red cabbage
1 cucumber
1 bunch of parsley
1 handful of your favourite sprouts
1 handful of roasted cashews

PREPARATION

Step 1

300 g chicken fillet - **1 pinch** of freshly ground pepper - **1 tbsp** peanut butter - **90 ml** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#)
Cut the chicken into medium-sized slices (approx. 1.5 cm thick) and season with the pepper. Mix the peanut butter with the Kikkoman Ponzu Lemon to create a marinade, then coat the chicken thoroughly and let it marinate.

Step 2

3 tbsp mayonnaise - **2 tbsp** peanut butter - **4 tbsp** [Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon](#) - **1 tbsp** grated lemon zest
In a bowl, mix mayonnaise, peanut butter, ponzu and lemon zest.

Step 3

400 g tinned chickpeas - **1 tsp** granulated garlic - **3 tbsp** olive oil - **1 tsp** sweet paprika powder - **0.5 tsp** coriander - **1 tbsp** sesame seeds - **1 pinch** of salt - **1 pinch** of freshly ground pepper
Drain and dry the chickpeas. Toss with the olive oil, then mix with the spices and sesame seeds. Season with the salt and pepper. Roast at 200 °C in the oven for 20 minutes or fry in a pan.

Step 4

250 g red cabbage - **1** cucumber - **1 bunch** of parsley - **1 handful** of your favourite sprouts - **1 handful** of roasted cashews
Finely chop the cabbage, slice the cucumber into half-slices and chop the parsley and nuts. Grill or pan-fry the chicken, then let it cool. Arrange the ingredients in bowls and drizzle with the peanut

sauce. Top with the chicken slices and garnish with the parsley and cashew nuts.