KIKKOMAN

Avocado bean salad with grapes

Total time **25 mins** **20 mins** preparation time **5 mins** cooking time

Nutritional facts (per portion):
2,892 kJ / 691 kcal

Fat: **44.3 g** Protein: **22.5 g**
Carbohydrates: **65 g**

INGREDIENTS

2 portion(s)

300 g	broad beans
1	avocado
300 g	red grapes
50 g	walnuts
100 g	lamb's lettuce
0.5 bunch	fresh mint
1 bunch	fresh parsley
2	sprigs fresh oregano
1	garlic clove
0.5	chilli pepper
3 tbsp	olive oil
2 tbsp	Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce
1 tbsp	apple cider vinegar

PREPARATION

Step 1

300 g broad beans - **1** avocado
Cook the broad beans briefly until tender but still firm, then peel off the skins. Slice the avocado.

Step 2

300 g red grapes - **50 g** walnuts - **100 g** lamb's lettuce - **0.5 bunch** fresh mint - **0.5 bunch** fresh parsley - **1** sprig fresh oregano
In a bowl, combine the avocado, beans, grapes, walnuts, lamb's lettuce and herbs.

Step 3

1 garlic clove - **0.5** chilli pepper - **0.5 bunch** fresh parsley - **1** sprig fresh oregano - **3 tbsp** olive oil - **2 tbsp** Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **1 tbsp** apple cider vinegar
Finely chop the garlic, chilli pepper and herbs. Mix with the olive oil, Kikkoman Gluten free Soy Sauce and apple cider vinegar. Drizzle the chimichurri sauce over the salad.