KIKKOMAN

Broccoli salad with kale & feta

Total time **15 mins** **12 mins** preparation time **3 mins** cooking time

Nutritional facts (per portion):
1,967 kJ / 473 kcal

Fat: **31.3 g** Protein: **20.5 g**
Carbohydrates: **25.5 g**

INGREDIENTS

2 portion(s)

80 g	fresh kale (or iceberg lettuce, lollo bionda, batavia, romaine lettuce)
250 g	broccoli florets
2	carrots
0.5	small red chilli pepper
3 tbsp	Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon
2 tbsp	Kikkoman Toasted Sesame Oil
1 tbsp	red wine vinegar
1 tsp	Dijon mustard
1 tsp	agave syrup (or honey, maple syrup, brown sugar)
	freshly ground pepper
20 g	flaked almonds
20 g	pine nuts
100 g	feta (or goat's cheese)
125 g	mixed berries, e.g. raspberries, blackberries, blueberries, redcurrants (depending on season)
	A few mint leaves

PREPARATION

Step 1

80 g fresh kale (or iceberg lettuce, lollo bionda, batavia, romaine lettuce) - **250 g** broccoli florets - **2** carrots
Shred the kale and grate the broccoli and carrots very finely.

Step 2

0.5 small red chilli pepper - **3 tbsp** Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon - **2 tbsp** Kikkoman Toasted Sesame Oil - **1 tbsp** red wine vinegar - **1 tsp** Dijon mustard - **1 tsp** agave syrup (or honey, maple syrup, brown sugar) - freshly ground pepper
To make the dressing, finely chop the chilli, whisk with the Kikkoman Ponzu Lemon, Kikkoman Sesame Oil, vinegar, mustard and agave syrup, then season with the pepper. Mix the dressing with the kale, broccoli and carrots.

Step 3

20 g flaked almonds - **20 g** pine nuts - **100 g** feta (or goat's cheese)
Toast the flaked almonds and pine nuts in a small non-stick frying pan for about 3 minutes until golden brown. Crumble the feta.

Step 4

125 g mixed berries, e.g. raspberries, blackberries, blueberries, redcurrants (depending on the season) - A few mint leaves
Arrange the salad in bowls or deep plates and garnish with the almond and pine nut mixture, feta, berries and mint. Serve straight away.