KIKKOMAN

Couscous, edamame & wakame salad

Total time **15 mins** **15 mins** preparation time

Nutritional facts (per portion):
1,665 kJ / 398 kcal

Fat: **23 g** Protein: **14 g**
Carbohydrates: **39 g**

INGREDIENTS

2 portion(s)

Salad:

6 g	dried wakame
60 g	carrot
70 g	fresh cucumber
70 g	avocado
0.5 tbsp	lime juice
150 g	cooked pearl couscous
80 g	cooked edamame beans
2 tbsp	chopped spring onion with green tops
15 g	mung bean sprouts

Dressing:

2 tbsp	Kikkoman Sauce for Poke Bowl
0.5 tbsp	lime juice
1 tbsp	Kikkoman Toasted Sesame Oil
1 tsp	honey

Additionally:

15 g	unsalted peanuts
2 tsp	black sesame seeds
2 g	chilli threads

PREPARATION

Step 1

6 g dried wakame - **60 g** carrot - **70 g** fresh cucumber - **70 g** avocado - **0.5 tbsp** lime juice - **150 g** cooked pearl couscous - **80 g** cooked edamame beans - **2 tbsp** chopped spring onion with green tops - **15 g** mung bean sprouts
Soak the wakame in lukewarm water for about 10 minutes. Peel and coarsely grate the carrot. Cut the cucumber into thin ribbons. Peel and slice the avocado, then drizzle with ½ tablespoon lime juice. Add the vegetables, drained wakame, edamame, spring onion and sprouts to the couscous and mix well.

Step 2

2 tbsp Kikkoman Sauce for Poke Bowl - **0.5 tbsp** lime juice - **1 tbsp** Kikkoman Toasted Sesame Oil - **1 tsp** honey
In a small bowl, combine the Kikkoman Poke Sauce, ½ tablespoon lime juice, the Kikkoman Sesame Oil and honey. Pour the dressing over the salad and toss to coat.

Step 3

15 g unsalted peanuts - **2 tsp** black sesame seeds - **2 g** chilli threads
Roast the peanuts in a dry pan and let them cool. Sprinkle the salad with the peanuts and black sesame seeds, then garnish with the chilli threads.